

West Slope Weekly Activities

<u>Locations</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
PLACERVILLE Senior Center 937 Spring Street Placerville 530-621-6150	9:15 am Tai Chi 10 am Foothill Gourders (2nd) 10:30 am Poetry in Motion (3rd) 10:30 am Poetic License (2nd) 10:30 am Yoga 11:45 am Strength Training Class 12 pm Pinochle	7:30 am Fitness Class 8:30 am TOPS Support Group 9:30 am Art Time (Pville Arts) 10:00 am Slow Stching 1 pm Gold Bug Quilters (2nd/4th) 2 pm Parkinson's Support Grp (3rd) 2 pm Pottery Class	9 am Ceramics 9:15 am Tai Chi 9:30 am Basketry Group 11:45 am Yoga 1 pm Yoga 1:30 pm Sewing Guild (1st Wed)	7:30 am Fitness Class 9 am Closely Knit Group 9 am Pottery Class	8 am Yoga-Fitness 9 am Hangtown Quilters 12pm Pinochle 1 pm Movie of the Month (3rd) 1 pm Oil Painting 1:30 pm My Time Support Group (1st)
SOMERSET Pioneer Park 6740 Fairplay Road	9:30-10:30 am Exercise Class		9:30-10:30 am Exercise Class		9:30-10:30 am Exercise Class
EL DORADO HILLS Senior Center 990 Lassen Lane 916-614-3200	8:05 am Fitness Class 9 am Think You Can't Exercise 10 am Social Bridge 1 pm Bingo 1 pm Computer/Smartphone Tablet Help (2nd/4th) 3 pm Womens Group (2nd)	8:05 am Fitness Class 10:30 am Senior Council (4th) 12:30 pm Mah Jongg 1pm Tech Presentation (1st/3rd)	8:05 am Fitness Class 9 am Think You Can't Exercise 10 am Social Bridge 10 am Wii Bowling 10:30 am Pinochle 4:30 pm Cribbage	8:05 am Fitness Class 12:30 pm Hand & Foot 1 pm Bingo	8:05 am Fitness Class 9 am Think You Can't Exercise 12:30 pm Hand & Foot 1 pm Mens Group (2nd) 1 pm Trivia Hour (1st/3rd) 1 pm Movie of the Month (2nd)
GREENWOOD Community Center 4411 Hwy 193 530-885-9160	No Activities at this location				
POLLOCK PINES Community Center 2645 Sanders Drive 530-647-8005		5:15 pm Dinner and BINGO			
CAMERON PARK Community Center 2502 Country Club 530-677-2231	9 am Modified Zumba	9 am Tai Chi 10am Senior Social Time	9 am Quilters Club	9 am Modified Zumba 10 am Senior Social Time	

Classes and activities may be canceled without prior warning due to weather, sickness, etc. Attendees are encouraged to call the activity location to confirm class date/time.