

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	7:30 am Fitness 9 am Line Dancing-Intermediate 10 am-4 pm Gourd Making (2nd) 11:15 am Tai Chi 12:30-4:30 pm Pinochle 6-8 pm Fiber Spinning (1st) 6-7 pm Poetry in Motion (4th) 6-8 pm Knit & Crochet (2nd)	7:45 am Hiking (2nd/4th) 7:45 am Fitness 9 am Bellyfit Sage 9:30 am PAA Painting Group 10 am Zumba 1 pm Qigong 1:30 pm Parkinson's Support (1st) 2-3 pm Tuesday @ 2 -Poetry 1:45 pm Yoga 3 pm Yoga 4:30 pm Line Dancing-Advanced 5:30 pm Line Dancing- Intermed.	7:30 am Fitness 8 am-4 pm Ceramics 9 am Mahjong (2nd/4th) 9:30 am Pine Needle & Basket Weaving 11:15 am Tai Chi 12:30 pm Bridge 1-2:30 pm Neuropothy Support Group (2nd) 1-4 pm Fly Tying seasonal 1:30 pm ASG Sewing (1st) 4:30 pm Gold Bug Quilters (3rd)	7:45 am Fitness 9-11 am Knit & Crochet 8 am -5 pm Pottery Class 10:15 am Clogging-Beg 10:45 am Beg. Plus Clogging 11:45 am Int. Line Dancing 1:45 pm Yoga 3 pm Yoga 4:30 pm Line Dancing-Intermediate	8 am Fitness-Yoga inspired 9-11:00 am Line Dancing-Intermediate 9 am Quilt/Needlecraft 9-12 pm Computer Instruction 10 am Creative Writing 12:30-4:30 pm Pinochle 12:15 pm Book Club (3rd) 1 pm Movie of the Month (2nd) 1:30-3 pm Caregiver Support Group (1st) 6-9 pm Line Dancing-Int (1st)
SOMERSET Pioneer Park 6740 Fairplay Road	9:30-11am Exercise Class	9:30-10:30 Senior Yoga	9:30-11 am Exercise Class	9:30-10:30 am Senior Yoga	9:30-11 am Exercise Class
EL DORADO HILLS Senior Center 990 Lassen Lane 916-614-3200	8 am Forever Fit 9:30am "Let's Chat" (1st) 10 am Painting Pals 10:15 am Sit & Get Fit 11:15 am Sit & Get Fit 12:30 pm Fun Bingo 1 pm Monthly Movie (1st /3rd) 1pm Computer Group (2nd/4th) 1 pm Gilmore Gazette (4th) 1 pm Social Bridge	8 am Zumba Gold 9 am Think You Can't Excerise? 10 am Knit 'n' Chat 10:30 am Sports Talk (1st/3rd) 1 pm Mah Jongg 1 pm Guest Speaker (1st/3rd) 1 pm Trivia (2nd) 5:30 pm Caregiver Support (3rd)	8 am Forever Fit 9 am Social Bridge Play 9:30 am Wii Bowling 10:15 am Sit & Get Fit 11:15 am Sit & Get Fit 11 am Pinochle 12:30 pm Dominoes 1 pm Line Dancing 6 pm Evening Cribbage	8 am Zumba Gold 9 am Think You Can't Excerise? 10 am News Discussion (3rd) 10:30 am Caregiver Support (last) 12:30 pm Fun Bingo 12:30 pm Hand & Foot 1 pm Ballroom Dance 2 pm Chess Club*** 4 pm Cribbage Lessons 5 pm Canasta	8 am Fitness Class 10 am Brain Connections (1st) 10 am Stampers (2nd) 11 am Pinochle 12:30 pm Hand & Foot 1 pm Flashback Flick (1st) 1:30 pm French Club (1st/3rd)
GREENWOOD Community Center 4411 Hwy 193 530-885-9160	12:30 pm Senior Bridge	12:30 pm Bunco 1st Tues. 12:30 pm Hand & Foot (2nd/4th) 2:30-4:30 pm Caregiver Support Group (2nd)			
POLLOCK PINES Community Center 2645 Sanders Drive 530-647-8005		10 am Koffee Klatch 5:15 pm Dinner and BINGO		10 am Koffee Klatch	
CAMERON PARK Community Center 2502 Country Club 530-677-2231	1 pm Bridge	10 am-4 pm Games 10:15 am Chair Yoga 10:30 am Brain Health (2nd) 1-3 pm Bingo (2nd) 5:30 pm Senior Hula	9 am-12 pm Quilting 9:30 am Bridge	10 am-4 pm Games 10 am-12 pm Gift Card Play (3rd)	12:45 pm Craft Corner