



DEC. ACTIVITIES

Senior Services

VIA LINDA SENIOR CENTER ACTIVITY LIST

Activity	Time	Location	Activity	Time	Location
MONDAY:			WEDNESDAY:		
Open Cards & Games	8 a.m. - 5 p.m.	Room 6	Open Knitting	1:15 - 3:15 p.m.	Room 8
Hand & Knee	9 a.m. - 1 p.m.	Room 6	Sanction Duplicate Bridge	12:30-4 p.m.	Room 1, 2, 3
Chair Yoga \$10 fee	Noon - 1 p.m.	Room 4	\$7 fee		
Open Knitting/Crocheting	1:15 - 3 p.m.	Room 5	Current Events Discussion	2 - 3:30 p.m.	Room 4
Mexican Train Dominoes	1 - 4 p.m.	Room 8	Flying Needles 2nd Wed	4 - 8 p.m.	Room 7
TUESDAY:			THURSDAY:		
Walking Club Oct-May	8 - 9 a.m.	Main Entrance	Book Discussion	10 - 11:30 a.m.	Room 5
Mindful Art	10 - 11:30 a.m.	Room 7	2nd Thurs (Sep-Jun)		
Congregate Meals	11 a.m. - 12:30 p.m.	Room 6	Tech Time With Mark	9 - 11a.m.	Room 6
\$4 fee			2nd Thurs		
Chair Yoga \$10 fee	Noon - 1 p.m.	Room 4	Congregate Meals	11 a.m. - 12:30 p.m.	Room 6
Fast Play Bridge			\$4 fee		
Intermediate	Noon - 3:30 p.m.	Room 7	Fast Play Bridge		
Open Cards & Games	1 - 5 p.m.	Room 6	Intermediate	Noon - 3:30 p.m.	Room 7
What's On your Mind	1: 30 - 3 p.m.	Room 8	Mah Jongg	1 - 4 p.m.	Room 8
2nd & 4th Tues			Open Cards & Games	1 - 5 p.m.	Room 6
Men's Discussion	2 - 3:30 p.m.	Room 5	FRIDAY:		
Table Tennis \$2 fee	3:30 - 7:30 p.m.	Room 1, 2, 3	Open Cards & Games	8 - 4:45 p.m.	Room 6
WEDNESDAY:			Open Art & Crafts	Noon - 2 p.m.	Room 7
Open Cards & Games	8 a.m. - 5 p.m.	Room 6	Matinee Movie	1 - 4 p.m.	Room 5
Rummikub	10 a.m. - 1 p.m.	Room 8	Table Tennis \$2 fee	1 - 4:30 p.m.	Room 1, 2, 3
Blue Grass Jam Session	Noon - 2 p.m.	Room 5	SATURDAY:		
			Open Cards	8 - 11:45 a.m.	Room 6
			Tech Tutors 3rd Sat	9 - 11 a.m.	Room 7

VIA LINDA SENIOR CENTER SUPPORT GROUPS

Support Group	Time	Location
Duet Caregiver's Support Group	1st and 3rd Thursday 9:30 a.m.	VLSC
Low Vision Support Group	2nd Wednesday 10 a.m.	VLSC
Mended Hearts	2nd Tuesday 6 p.m.	VLSC
Multiple Sclerosis	2nd Tuesday 4:30 p.m.	VLSC

