

2021 JULY



SENIOR ACTIVITIES & EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>9:00 - 12:00 PM</u> 'STITCHES' KNITTING Ceramics Room</p> <p><u>12:00 PM</u> LUNCH Senior Dining Hall</p> <p><u>12:00 - 5:00 PM</u> BRIDGE North Room</p> <p><u>1:00 PM</u> BINGO Senior Dining Hall</p>	<p><u>9:00 AM - 3:00 PM</u> CERAMICS Ceramics Room</p> <p><u>9:30 AM - 11:30 AM</u> PASTRIES on the PATIO Senior Dining Hall</p> <p><u>12:00 PM</u> LUNCH Senior Dining Hall</p> <div style="border: 2px solid green; border-radius: 15px; padding: 5px; margin-top: 10px;"> <p>3rd Tues., July 20th</p> <p>Parkinson's Support Group</p> <p>1:00 PM</p> </div>	<p><u>10:45 AM - 2:00 PM</u> CHINESE MAH JONGG Small Craft Room</p> <p><u>12:00 PM</u> LUNCH Senior Dining Hall</p> <p><u>1:00 PM</u> BINGO Senior Dining Hall</p> <p><u>1:00 PM - 4:00 PM</u> UKULELE GROUP North Room</p> <p><u>4:30 PM - 6:30 PM</u> CRIBBAGE Senior Dining Hall</p>	<p><u>10:00 AM - 12:00 PM</u> ICE CREAM SOCIAL Senior Dining Hall</p> <p><u>12:00 PM</u> LUNCH Senior Dining Hall</p> <div style="border: 2px solid blue; border-radius: 25px; padding: 10px; margin-top: 20px; display: inline-block;"> <p>SATURDAY, July 24th</p> <p>BINGO</p> <p>11:00 AM</p> </div>	<p><u>9:00 AM - 3:00 PM</u> CERAMICS Ceramics Room</p> <p><u>12:00 PM</u> LUNCH Senior Dining Hall</p> <p><u>1:00 PM</u> BINGO Senior Dining Hall</p>



SENIOR ROAD TRIPS!*

Van Gogh and Vino Painting Class

DATE: Wed., July 14th
TIME: 10:30 AM
PRICE: \$30.00



Meadowood Mall

DATE: Thurs. July 29th
TIME: 9:00 AM
PRICE: \$10.00



→ *PLEASE NOTE: You MUST Register & Pay to Reserve Your Spot.

**2021
JULY**



**SENIOR
DANCE & FITNESS
CLASSES**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>10:30 - 11:30 AM*</u> WALKING TRACK</p> <p><u>10:30 AM*</u> SENIOR EXERCISE Ranch View & South Rooms</p> <p><u>12:30 - 2:00 PM*</u> WALKING TRACK</p>	<p><u>10:30 - 11:30 AM*</u> WALKING TRACK</p> <p><u>10:30 AM</u> YOGA Ranch View Room</p> <p><u>12:30 - 2:00 PM*</u> WALKING TRACK</p> <p><u>6:00 PM</u> COUNTRY LINE DANCING Gym Floor</p>	<p><u>10:30 - 11:30 AM*</u> WALKING TRACK</p> <p><u>10:30 AM*</u> SENIOR EXERCISE Ranch View & South Rooms</p> <p><u>12:30 - 2:00 PM*</u> WALKING TRACK</p>	<p><u>10:30 - 11:30 AM*</u> WALKING TRACK</p> <p><u>10:30 AM</u> YOGA Ranch View Room</p> <p><u>12:30 - 1:30 PM</u> TAP CLASS - <i>BEGINNER</i> South Room</p> <p><u>1:30 - 2:30 PM</u> TAP CLASS - <i>INTER.</i> South Room</p> <p><u>12:30 - 2:00 PM*</u> WALKING TRACK</p> <p><u>6:00 PM</u> COUNTRY LINE DANCING Gym Floor</p>	<p><u>10:30 - 11:30 AM*</u> WALKING TRACK</p> <p><u>10:30 AM*</u> SENIOR EXERCISE Ranch View & South Rooms</p> <p><u>12:30 - 2:00 PM*</u> WALKING TRACK</p> <div data-bbox="1606 974 1932 1282" data-label="Image"> </div>



FREE CLASSES

DID YOU KNOW ?
We offer **FREE SENIOR** Exercise Classes & Gym Walking Track times!
**Classes marked in RED are FREE.*

DOUGLAS COUNTY SENIOR CENTER

1329 Waterloo Lane, Gardnerville, NV. 89410 775-782-5500