

# SENIOR CENTER DAILY ACTIVITIES

1943 Church Lane – (510) 215-3090

TIME	PROGRAM	MEMBER/ NON-MEMBER FEE
<b>MONDAY</b>		
8am-5pm	Billiards	\$2/4
8am-11am	Breakfast (coffee, tea, pastries)	\$1/2
9am-11am	Nintendo Wii	Free for members
10am-11am	Strength & Balance at <b>Maple Hall (13831 San Pablo Ave. Bldg. #4)</b>	\$1/3
11:30am-12:30pm	Lunch/Nutrition Program	\$3-\$5
1pm-3pm	Tea Dance	\$1/3
3:30pm-4:30pm	<b>NEW Senior Salsa Dance Class</b>	\$2/4
<b>TUESDAY</b>		
8am-5pm	Billiards	\$2/4
8am-11am	Breakfast (coffee, tea, pastries)	\$1/2
10am-11am	Low Impact Aerobics at <b>Maple Hall (13831 San Pablo Ave. Bldg. #4)</b>	\$1/3
11:30am-12:30pm	Lunch/Nutrition Program	\$3-\$5
1pm-3pm	Movie Tuesdays	\$1/3
<b>WEDNESDAY</b>		
8am-5pm	Billiards	\$2/4
8am-11am	Breakfast (coffee, tea, pastries)	\$1/2
9am-11am	Nintendo Wii	Free for members
11:30am-12:30pm	Lunch Nutrition/Program	\$3-\$5
1pm-4:30pm	Bingo at <b>Maple Hall (13831 San Pablo Ave. Bldg. #4)</b>	Varies
2pm-3pm	Tai Chi Exercise Class	Free for members
3:30pm-4:30pm	<b>NEW Senior Salsa Dance Class</b>	\$2/4
<b>THURSDAY</b>		
8am-5pm	Billiards	\$2/4
8am-11am	Breakfast (coffee, tea, pastries)	\$1/2
9am-10am	Low Impact Aerobics at <b>Maple Hall (13831 San Pablo Ave. Bldg. #4)</b>	\$1/3
10am-11am	Strength & Balance at <b>Maple Hall (13831 San Pablo Ave. Bldg. #4)</b>	\$1/3
11:30am-12:30pm	Lunch Nutrition/Program	\$3-\$5
1pm-3:30pm	Pinochle Card Game	\$1/3
1pm-4pm	Mah Jongg (American & Chinese)	\$1/3
<b>FRIDAY</b>		
8am-5pm	Billiards	\$2/4
8am-11am	Breakfast (coffee, tea, pastries)	\$1/2
11:30am-12:30pm	Lunch Nutrition/Program	\$3-\$5
1pm-2:30pm	Line Dance Classes – <b>Maple Hall (13831 San Pablo Ave. Bldg. #4)</b>	\$1/3
1pm-3:30pm	Pinochle Card Game & Chinese Mah Jongg	\$1/3
5pm- 8pm	Friday Night Dancing (call for dates 510-215-3090)	\$1/\$3
<b>SATURDAY</b>		
10:00AM – 4:00PM	Bingo	Varies