



Senior Center January Activity Schedule

Monday - Friday (8am-4pm)

| Date | Location | Activity | Time | Member Fees |
|-----------|--------------------|-------------------------|-----------------|------------------------|
| Monday | Main Hall | Beginner Line Dancing | 9am-10am | \$20 \$25 (*Monthly) |
| Monday | Main Hall | Improver Line Dancing | 10:15am-11:15am | \$20 \$25 (*Monthly) |
| Monday | Main Hall | Stretch for Yoga | 11:45am-12:45pm | \$2.50 \$3.50 |
| Monday | Main Hall | Balance | 1pm-2pm | \$2.50 \$3.50 |
| Monday | Main Hall | Yoga On A Mat | 2:30pm-3:30pm | \$2.50 \$3.50 |
| Monday | Arts & Craft Room | Bridge | 1pm-4pm | \$1 \$2 |
| Monday | Pool Room | Billiards | 8am-4pm | \$1.50 \$3 |
| Tuesday | Main Hall | Zumba Gold | 8:30am-9:30am | \$3 \$4 |
| Tuesday | Main Hall | Silver Sneakers Classic | 10am-11am | \$2.50 \$3.50 |
| Tuesday | Main Hall | Balance | 1:30pm-2:30pm | \$2.50 \$3.50 |
| Tuesday | Arts & Crafts Room | Watercolor | 9:45am-11:45am | \$12 \$15 |
| Tuesday | Arts & Crafts Room | Pinochle | 12:30-4pm | \$1 \$2 |
| Tuesday | Card Room | Cribbage | 1pm-2pm | \$1 \$2 |
| Tuesday | Main Lobby | Knitting Group | 9:30am-11:30am | \$1 \$2 |
| Tuesday | Pool Room | Billiards | 8am-4pm | \$1.50 \$3 |
| Wednesday | Main Hall | Yoga & More | 9am-10am | \$2.50 \$3.50 |
| Wednesday | Main Hall | Silver Sneakers EnerChi | 10:30am-11:30am | \$2.50 \$3.50 |
| Wednesday | Arts & Crafts Room | Quilting | 9am-12pm | \$1 \$2 |
| Wednesday | Card Room | Mah Jongg | 12:30pm-4pm | \$1 \$2 |
| Wednesday | Pool Room | Billiards | 8am-4pm | \$1.50 \$3 |
| Thursday | Main Hall | Zumba Gold | 8:30am-9:30am | \$3 \$4 |
| Thursday | Main Hall | Silver Sneakers Classic | 10am-11am | \$2.50 \$3.50 |
| Thursday | Arts & Crafts Room | Quilting | 9:30am-12:30pm | \$5 \$7 |
| Thursday | Arts & Crafts Room | Bridge | 1pm-4pm | \$1 \$2 |
| Thursday | Main Lobby | Fiber Arts Group | 9:30am-11:30am | \$1 \$2 |
| Thursday | Main Lobby | Ukulele | 2pm-4pm | \$1 \$2 |
| Thursday | Pool Room | Billiards | 8am-4pm | \$1.50 \$3 |
| Friday | Main Hall | Yoga & More | 9am-10am | \$2.50 \$3.50 |
| Friday | Main Hall | Floor Class | 10:30am-11:30am | \$2.50 \$3.50 |
| Friday | Main Hall | Strength Training | 1:30pm-2:30pm | \$2.50 \$3.50 |
| Friday | Arts & Crafts Room | Guitar | 8:30am-10am | \$1 \$2 |
| Friday | Arts & Crafts Room | Advance Guitar | 10am-12pm | \$1 \$2 |
| Friday | Arts & Crafts Room | Beginners Bridge | 2pm-4pm | \$1 \$2 |
| Friday | Card Room | Book Club (4th Friday) | 10:15am-11:45am | \$1 \$2 |
| Friday | Card Room | Arts & Crafts Workshop | 12pm-2pm | \$5 \$7 |
| Friday | Pool Room | Billiards | 8am-4pm | \$1.50 \$3 |

Pinole Senior Center| 2500 Charles Ave.| (510) 724-9800