



Senior Center July 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 & More	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	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	Arts & Crafts Room	Quilting	9am-12pm	\$1 \$2
Wednesday	Arts & Crafts 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	Card Room	Beginners Bridge	2pm-4pm	\$1 \$2
Friday	Card Room	Book Club (4th Friday)	10:15am-11:45am	\$1 \$2
Friday	Arts & Crafts 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