

JULY ACTIVITIES

Senior Services

VIA LINDA SENIOR CENTER ACTIVITY LIST

Activity Time Location

MONDAY:

Open Cards & Games	8 a.m. - 5 p.m.	Room 6
Drop in Chair Yoga	3:30 - 4:30 p.m.	Room 4
\$10 fee (Only 7-1 & 7-8)		
Hand, Knee, Foot & Samba	9 a.m. - 1 p.m.	Room 5
Open Knitting/Crocheting	1:15 - 3 p.m.	Room 5
Mexican Train Dominoes	1 - 4 p.m.	Room 8

TUESDAY:

Walking Club <i>Oct-May</i>	8 - 9 a.m.	Main Entrance
Blood Pressure Screening	10 a.m. - Noon	Lobby
Mindful Art <i>2nd & 4th Tues</i> (Memory Support Program)	10 - 11:30 a.m.	Room 7
Congregate Meals	11 a.m. - 12:30 p.m.	Room 6
\$4.00 fee		
Fast Play Bridge		
Intermediate	Noon - 3:30 p.m.	Room 7
Drop in Chair Yoga	12 - 1 p.m.	Room 4
\$10 fee (Only 7-2 & 7-9)		
Open Cards & Games	1 - 5 p.m.	Room 6
What's On your Mind	1:30 - 3 p.m.	Room 8
2nd & 4th Tues		
Men's Discussion	2 - 3:30 p.m.	Room 5
Table Tennis \$2.00 fee	3:30 - 7:30 p.m.	Room 1, 2, 3

WEDNESDAY:

Open Cards & Games	8 a.m. - 5 p.m.	Room 6
Rummikub	10 a.m. - 1 p.m.	Room 8

Activity Time Location

WEDNESDAY:

Low Vision 2nd Wed	10 - 11:30 a.m.	Room 5
Blood Pressure Screener	10:30 a.m. - Noon	Lobby
Blue Grass Jam Session	Noon - 2 p.m.	Room 5
Open Art & Crafts	12:30 - 4:30 p.m.	Room 8
Current Events Discussion	2 - 3:30 p.m.	Room 4
Flying Needles 2nd Wed	4 - 8 p.m.	Room 7
<i>Knitting/Sewing/Crocheting</i>		

THURSDAY:

Book Discussion	10 - 11:30 a.m.	Room 5
2nd Thurs (Sep-Jun)		
Tech Time With Mark	9 - 11a.m.	Room 6
2nd Thurs		
Congregate Meals	11 a.m. - 12:30 p.m.	Room 6
\$4.00 fee		
Speedy Bridge Intermediate	12 - 3:30 p.m.	Room 7
Mah Jongg	1 - 4 p.m.	Room 8
Open Cards & Games	1 - 5 p.m.	Room 6

FRIDAY:

Open Cards & Games	8 - 4:45 p.m.	Room 6
Matinee Movie	1 - 4 p.m.	Room 5
Table Tennis \$2.00 fee	1 - 4:30 p.m.	Room 1, 2, 3

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 10 a.m.	VLSC
Low Vision Support Group	2nd Wednesday 10:30 a.m.	VLSC
Mended Hearts	2nd Tuesday 6 p.m.	VLSC
Multiple Sclerosis	2nd Tuesday 4:30 p.m.	VLSC



Via Linda Senior Center

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SCOTTSDALE
HUMAN SERVICES