

WEEKLY CALENDAR OF ACTIVITIES AT THE SENIOR CENTER

2290 Benton Drive, Redding, CA. 96003-2152----- OFFICE PHONE: 1(530) 246-3042

The Senior Citizens Hall offers a variety of activities for men and women 50 years and older

Board Meetings are held on the 1st Thursday of the month @ 2:30 pm

OFFICE HOURS: Monday through Thursday 9:00 am. to 3:00 pm. Friday 9:00 am to NOON

RENTAL AGENTS HOURS: Monday, Wednesday & Friday 9:00 am to Noon

RENTAL OFFICE TELEPHONE 1(530) 241-9759

E-Mail address: seniorsredding@yahoo.com

SENIOR CENTER WEBSITE www.reddingseniorcenter.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Pool 8:00 am-4:00 pm <u>Library 9:00 to Noon</u> Senior Fitness 8:00 am-9:00 am	Billiards/Pool 8:00 am-4:00 pm <u>Library 9:00 to Noon</u> Tai chi 8:30 am 9:30 am Discussion Group Gebhardt Room 10:00 am-11:30 am RSVP: 530/1547-4907	Billiards/Pool 8:00 am-4:00 pm <u>Library 10:00 to 1:00</u> Senior Fitness 8:00 am-9:00am	Billiards/Pool 8:00 am-4:00 pm <u>Library 10:00 to Noon</u> Tai chi 8:30 am-9:30 am Conference Room Beginning Line Dancing 8:30 am-9:25 am	Billiards/Pool 8:00 am-4:00 pm <u>Library 10:00 to Noon</u> Senior Fitness 8:00 am-9:00 am
Crafters 9:30 am-1:00 pm	Conference Room Qi Gong 9:30 am-10:00 am	Conference Room Hula 9:00 am-1:00 pm	Conference Room Qi Gong <u>9:30 am-10:00 am</u>	Conference Room River City Line Dance Practice 9:00 am-10:00 am
*Duplicate Bridge 12:00 pm-3:30 pm \$7.00	Conference Room Beginner Hula Classes 1 st 10:00 am-11:30 am 2nd 11:30 am-12:30 pm 3 rd 12:30 pm 1:30 pm	Yoga 9:30 am-10:45 am	Intermediate Line Dancing Main Hall <u>9:30 am-11:00am</u>	Yoga 9:30 am-9:00 am
Games Hand & Foot Canasta 9:45 am-Noon	Speed Bingo Open to Public Age 18 & Above 11:00 am to Noon Buy In \$12.00	Pinochle-Day <u>12:00 am-2:30 pm</u> Pinochle Lessons By Appointment Only	*Duplicate Bridge 12:00 pm-3:30 pm \$7.00 Conference Room Pinochle-Day 12:00 pm-2:30 pm	Conference Room Cribbage 12:30 pm-3:00 pm
	Regular-Bingo Open to Public Age 18 & Above 12:30 pm-4:00 pm		Conference Room Pinochle Lessons By Appointment Only	Table Tennis 3:00 pm-4:30 p
Table Tennis 4:00 pm-5:30 pm		Table Tennis 3:00 pm-4:30 pm	Conference Room Pinochle-Double Deck 5:30 pm-8:00 pm	Senior Dance Live Band/Jukebox 7:00 pm-10:00 pm Sherry 510-1918
LINE DANCE CLASS OPEN TO THE PUBLIC 6:00-8:00 pm \$20.00 Per Session (5 Weeks)	BALLROOM & COUNTRY DANCE CLASS OPEN TO THE PUBLIC 6:00-8:00 pm \$5.00 Each (No Class on 1 st Tuesday of each month)	BALLROOM & COUNTRY DANCE CLASS OPEN TO THE PUBLIC 5:30-8:30 pm \$5.00 Each	Regular-Bingo Open to the Public Age 18 & Above 5:30 pm to 9:00 pm	REVISED Audrey Haines Office Manager 02-14-23

**DUPLICATE BRIDGE--Aerobics for the Mind--Cost: \$7.00 . Play at the Redding Duplicate Bridge Club
Mondays and Thursdays. 2290 Benton Dr. Redding, CA. Games run from 12:00 noon to 3:30 pm.**

Contact: Vickie Pugh(1530) 547-4188 .