

**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 1<sup>st</sup> 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(1530) 241-9759

E-Mail address: seniorsredding@yahoo.com

SENIOR CENTER WEBSITE [www.reddingseniorcenter.org](http://www.reddingseniorcenter.org)

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Billiards/Pool</b> 8:00 am-4:00 pm  <b>Library 9:00 to Noon</b>  <b>Senior Fitness</b> 8:00 am-9:00 am	<b>Billiards/Pool</b> 8:00 am-4:00 pm <b>Library 9:00 to Noon</b> <b>Tai chi</b> 8:30 am 9:30 am <b>Discussion Group</b> <b>Gebhardt Room</b> 10:00 am-11:30 am RSVP: 530/1547-4907	<b>Billiards/Pool</b> 8:00 am-4:00 pm  <b>Library 10:00 to 1:00</b>  <b>Senior Fitness</b> 8:00 am-9:00am	<b>Billiards/Pool</b> 8:00 am-4:00 pm <b>Library 10:00 to Noon</b> <b>Tai chi</b> 8:30 am-9:30 am <b>Conference Room</b> Beginning Line Dancing 8:30 am-9:25 am	<b>Billiards/Pool</b> 8:00 am-4:00 pm  <b>Library 10:00 to Noon</b>  <b>Senior Fitness</b> 8:00 am -9:00 am
<b>Crafters</b> 9:30 am-1:00 pm	<b>Conference Room</b> <b>Qi Gong</b> 9:30 am-10:00 am	<b>Conference Room</b> <b>Hula</b> 9:00 am-1:00 pm	<b>Conference Room</b> <b>Qi Gong</b> 9:30 am-10:00 am	<b>Conference Room</b> River City Line Dance Practice 9:00 am-10:00 am
<b>*Duplicate Bridge</b> 12:00 pm-3:30 pm \$7.00	<b>Conference Room</b> <b>Beginner Hula Classes</b> 1 <sup>st</sup> 10:00 am-11:30 am 2 <sup>nd</sup> 11:30 am-12:30 pm 3 <sup>rd</sup> 12:30 pm 1:30 pm	<b>Yoga</b> 9:30 am-10:45 am	<b>Intermediate</b> <b>Line Dancing</b> Main Hall 9:30 am-11:00 am	<b>Yoga</b> 9:30 am-10:45 am
<b>Games</b> Hand & Foot Canasta 9:45 am-Noon	<b>Speed Bingo</b> Open to Public Age 18 & Above 11:00 am to Noon Buy In \$12.00	<b>Pinochle-Day</b> 12:00 am-2:30 pm  <b>Pinochle Lessons</b> By Appointment Only	<b>*Duplicate Bridge</b> 12:00 pm-3:30 pm \$7.00 <b>Conference Room</b> Pinochle-Day 12:00 pm-2:30 pm	<b>Conference Room</b> Cribbage 12:30 pm-3:00 pm
	Regular-Bingo Open to Public Age 18 & Above 12:30 pm-4:00 pm Food Available		<b>Conference Room</b> <b>Pinochle Lessons</b> By Appointment Only	<b>Table Tennis</b> 3:00 pm-4:30 pm
<b>Table Tennis</b> 4:00 pm-5:30 pm		<b>Table Tennis</b> 3:00 pm-4:30 pm	<b>Conference Room</b> Pinochle-Double Deck 5:30 pm-8:00 pm	<b>Senior Dance</b> Live Band/Jukebox 7:00 pm-10:00 pm Sherry 510-1918
<b>LINE DANCE CLASS</b> <b>OPEN TO THE PUBLIC</b>  6:00-8:00 pm \$20.00 Per Session (5 Weeks)	<b>BALLROOM &amp; COUNTRY DANCE CLASS</b> <b>OPEN TO THE PUBLIC</b> 6:00-8:00 pm \$5.00 Each (No Class on 1 <sup>st</sup> Tuesday of each month)	<b>BALLROOM &amp; COUNTRY DANCE CLASS</b> <b>OPEN TO THE PUBLIC</b>  5:30-8:30 pm \$5.00 Each	<b>Regular-Bingo</b> Open to the Public Age 18 & Above 5:30 pm to 9:00 pm Food Available	<b>REVISED</b> <b>Audrey Haines</b> <b>Office Manager</b>  <b>03-15-23</b>

**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 .