



**On-Going Activities
Senior Center
2015 -2016**

Bingo

Thursday @ 1:00pm

Open for sales at 12:00pm/Game begins at 1:00pm

\$30 Guaranteed minimum prize for 10 regular games. Plus 3 warm up and half time special games. (Prizes depend upon sales)

Bridge

Afternoon Bridge games by reservation, Members ONLY

Brush-Up Bridge

Wednesday @ 10am

This friendly group plays "Standard American" including 5 cards majors, convenient minors, etc. will welcome you in while Brushing -Up" on your forgotten bridge skills.

Duplicate Bridge

Tuesday @ 1:00 pm

Please contact Kay Schaefer @ (925) 348 -0741 for more information and reservations. Members ONLY

Party Bridge

Wednesday @ 12:45pm

Please contact Joy @ (925) 917-1353 for more information and reservations. Members ONLY

Crafts

Tuesday @ 12:30pm

This special group meets one a week to creat special tiems to sell in our beautiful lobby display case. All items sold will benefit the Senior Center. Bring your crafts, supplies and ideas to join this fabulous group. Newcombers are Welcome! Leader: Linda Bradshaw.

Community Quilts

Wednesday @ 1:00 - 4:00pm

Learn to quilt community quilts – use our fabric and equipment to learn some simple quilt patterns. Quilts will be donated to help out our community. No Fee

Lounge Activities

Our lounge is great place to play cards, table games, puzzles, borrow a book from our library or just stop by to have a cup of coffee.

Mah Jongg

Monday @ 1:00pm

Fee: \$1 Donation for center

Mah Jongg is a game that originated in China, commonly played by four players, with some three player variations also played. It is a tile game of skill, strategy and calculation and involved a certain degree of chance. The game is played with a set of 136 tiles based on Chinese characters and symbols. Everyone is WELCOMED, great place to learn the game.

Pinochle

Monday @ 8:30am

Wednesday @ 12:30pm

Thursday @ 8:30am

This group plays single deck pinochle. Members ONLY

Poker

Monday/Thursday @ 12:00pm

Join us for some exciting card playing. Request a list of rules before your first game. Members ONLY

T.O.P.S. (Take Off Pounds Sensibly)

Thursday @ 8:30am (Weigh-In) Thursday @ 9:00 am (Meeting)

Fee: Yearly dues \$32/ Monthly dues \$4

If you are looking for information on weight loss as well as low carb foods fat loss and weight management support then please visit our supportive group. Leader: Sharon Kadi. To become a member or learn more about this program, please visit

[T.O.P.S \(Take Off Pounds Sensibly\)](#)

Walking Club (Weather Permitting)

Monday @ 9:00am (Meet at Hidden Valley Park)

This group walks to parks, city streets and Canal Trails. Walks typically last 1 to 2 hours and our tailored to those walking.

Wednesday @ 9am (Meet at Senior Center)

This groups focuses on walking the downtown city streets and the Marina area. Walks typically last approx. 1 hour.

