

## West Slope Weekly Activities

<u>Locations</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b>PLACERVILLE</b> Senior Center 937 Spring Street Placerville 530-621-6150	9:15 am Tai Chi 9:30 am Canasta-Hand /Foot 10 am Foothill Gourders (2nd) 10:30 am Poetry in Motion (3rd) 10:30 am Poetic License (2nd) 10:30 am Yoga 11:45 am Strength Training Class	7:30 am Fitness Class 9:30 am Art Time (Pville Arts) 10 am Resistance Stretching 10:00 am Slow Sticking 1 pm This Month in History (2nd) 1 pm Gold Bug Quilters (2nd/4th) 2 pm Parkinson's Support Grp (3rd)	9 am Ceramics 9:15 am Tai Chi 9:30 am Pine Needle & Basket Weaving 10:30 am Qigong 11:45 am Yoga 1 pm Yoga 1 pm Fly Tying 1:30 pm Sewing Guild (1st Wed)	7:30 am Fitness Class 9 am Closely Knit Group 9 am Pottery Class	8 am Yoga-Fitness 9 am Hangtown Quilters 9:30 am Canasta-Hand /Foot 1 pm Movie of the Month (3rd) 1 pm Oil Painting 1:30 pm My Time Support Group (1st)
<b>SOMERSET</b> Pioneer Park 6740 Fairplay Road	9:30-11am Exercise Class		9:30-11 am Exercise Class		9:30-11 am Exercise Class
<b>EL DORADO HILLS</b> Senior Center 990 Lassen Lane 916-614-3200	8:05 am Fitness Class 9 am Think You Can't Exercise 10 am Social Bridge 1 pm Bingo 1 pm Computer/Smartphone Tablet Help (2nd/4th) 3 pm Womens Group (2nd)	8:05 am Fitness Class 10:30 am Senior Council (4th) 12:30 pm Mah Jongg 1pm Tech Presentation (1st/3rd)	8:05 am Fitness Class 9 am Think You Can't Exercise 10 am Social Bridge 10 am Wii Bowling 10:30 am Pinochle 4:30 pm Cribbage	8:05 am Fitness Class 12:30 pm Hand & Foot 1 pm Bingo	8:05 am Fitness Class 9 am Think You Can't Exercise 12:30 pm Hand & Foot 1 pm Mens Group (2nd) 1 pm Trivia Hour (1st/3rd) 1 pm Movie of the Month (2nd)
<b>GREENWOOD</b> Community Center 4411 Hwy 193 530-885-9160	<b>No Activities at this location</b>				
<b>POLLOCK PINES</b> Community Center 2645 Sanders Drive 530-647-8005		5:15 pm Dinner and BINGO			
<b>CAMERON PARK</b> Community Center 2502 Country Club 530-677-2231	9 am Modified Zumba	9 am Tai Chi 10am Senior Social Time	9 am Quilters Club	9 am Modified Zumba 10 am Senior Social Time	