



Surprise Senior Center *January 2019* Daily Programs & Special Events



Monday

Tuesday

Wednesday

Thursday

Friday

For adults age 60+ or individuals with disabilities under the age of 60 years, the suggested contribution for lunch is \$2.50. For adults under age 60, who do not qualify for the program the suggested contribution is \$5.00. Lunch reservations must be made by 12 Noon TWO business days in advance. The Menu is subjected to change without notice. Complimentary coffee is available beginning at 8:30 a.m. The Congregate meal program is sponsored, in part, by Area Agency on Aging Region 1



2

9:00 Puzzle & Color Social DH
 10:00 Tai Chi-Qigong Video Instruction CF
 10:00 BUNCO GR
 10:15 LCR DH
 11:00 Fitz with Mitzi Exercise VRC
 12:45 Mah-Jongg GR
 12:30 Bridge D
 1:30 Needlecraft Social DH

3

10:00 Bingo* DH
 12:45 Hand & Foot GR
 12:30 Bridge D
 12:45 Pinochle CF
 1:00 Stretch Flex & Tone Exercise VRC
 1:30 Open Game Time DH

4

8:30 Open Game Time DH
 9:00 Walking Club DH
 10:15 Shuffleboard Bowling Tournament GR
 11:00 Silversneakers VRC
 11:00 Pinochle CF
 1:30 Open Game Time GR

7

8:30 Puzzle & Color Social DH
 9:00 Creative Crafts* CF
 10:00 Morning Stretch DH
 10:15 String Me Along DH
 11:00 Fitz with Mitzi Exercise VRC
 1:00 Poker Showdown GR
 1:00 Creative Crafts* CF

8

8:30 Open Game Time DH
 10:00 Morning Stretch DH
 10:15 Pokeno DH
 11:00 Pinochle CF
 11:00 Silversneakers VRC
 1:00 Open Game Time GR
 1:00 Art Class* D
 1:30 Quilting Club DH

9

9:00 Puzzle & Color Social DH
 10:00 Chair Yoga Video Instruction CF
 10:00 BUNCO GR
 11:00 Fitz with Mitzi Exercise VRC
 12:45 Mah-Jongg GR
 12:30 Bridge D
 1:30 Needlecraft Social DH

10

10:00 Bingo* DH
 12:45 Hand & Foot GR
 12:30 Bridge D
 12:45 Pinochle CF
 1:00 Stretch Flex & Tone Exercise VRC
 1:30 Phase 10 DH

11

8:30 Open Game Time DH
 9:00 Walking Club DH
 10:15 Billiards Tournament GR
 11:00 Silversneakers VRC
 11:00 Pinochle CF
 1:30 Open Game Time GR

Barter Swap 14

8:30 Puzzle & Color Social DH
 9:00 Creative Crafts* CF
 10:00 Barter Swap LNG
 10:00 Morning Stretch DH
 11:00 Fitz with Mitzi Exercise VRC
 1:00 Poker Showdown GR
 1:00 Creative Crafts* CF

NO SILVERSNEAKERS 15

8:30 Open Game Time DH
 10:00 Morning Stretch DH
 10:15 Pokeno DH
 11:00 Pinochle CF
 1:00 Open Game Time GR
 1:00 Art Class* D
 1:30 Quilting Club DH

16

10:00 Tai Chi-Qigong Video Instruction CF
 10:00 BUNCO GR
 10:15 LCR DH
 11:00 Fitz w/ Mitzi Exercise VRC
 12:45 Mah-Jongg GR
 12:30 Bridge D
 1:00 Iris Paper Folding Class* CF
 1:30 Needlecraft Social DH

17

10:00 Bingo* DH
 12:45 Hand & Foot GR
 12:30 Bridge D
 12:45 Pinochle CF
 1:00 Stretch Flex & Tone Exercise VRC
 1:30 Open Game Time DH

18

8:30 Open Game Time DH
 9:00 Walking Club DH
 10:15 LaderBall Tournament GR
 11:00 Silversneakers VRC
 11:00 Pinochle CF
 1:30 Open Game Time GR

Closed in Observance of Martin Luther King Day 21

22

8:30 Open Game Time DH
 10:00 Morning Stretch DH
 10:15 Pokeno DH
 11:00 Pinochle CF
 11:00 Silversneakers VRC
 1:00 Open Game Time GR
 1:00 Art Class* D
 1:30 Quilting Club DH

23

9:00 Puzzle & Color Social DH
 10:00 Chair Yoga Video Instruction CF
 10:00 BUNCO GR
 10:15 LCR DH
 11:00 Fitz with Mitzi Exercise VRC
 12:45 Mah-Jongg GR
 12:30 Bridge D
 1:30 Needlecraft Social DH

24

10:00 Bingo* DH
 12:45 Hand & Foot GR
 12:30 Bridge D
 12:45 Pinochle CF
 1:00 Stretch Flex & Tone Exercise VRC
 1:30 Kings in the Corner DH

Movie Morning 25

8:30 Open Game Time DH
 9:00 Movie Morning D
 9:00 Walking Club DH
 10:15 Cornhole Tournament GR
 11:00 Silversneakers VRC
 11:00 Pinochle CF
 1:00 Cricut Cutting Machine Class TBD
 1:30 Open Game Time GR

Site Council Meeting 28

8:30 Puzzle & Color Social DH
 9:00 Creative Crafts* CF
 10:15 String Me Along DH
 11:00 Site Council Meeting DH
 11:00 Fitz with Mitzi Exercise VRC
 1:00 Poker Showdown GR
 1:00 Creative Crafts* CF

29

8:30 Open Game Time DH
 10:00 Morning Stretch DH
 10:15 Pokeno DH
 11:00 Pinochle CF
 11:00 Silversneakers VRC
 1:00 Open Game Time GR
 1:00 Art Class* D
 1:30 Quilting Club DH

30

9:00 Puzzle & Color Social DH
 10:00 Tai Chi-Qigong Video Instruction DH
 10:00 BUNCO GR
 10:15 LCR DH
 11:00 Fitz with Mitzi Exercise VRC
 12:45 Mah-Jongg GR
 12:30 Bridge D
 1:30 Needlecraft Social DH

31

10:00 Bingo* DH
 12:45 Hand & Foot GR
 12:30 Bridge D
 12:45 Pinochle CF
 1:00 Stretch Flex & Tone Exercise VRC
 1:30 Kings in the Corner DH

Room Legend – Where it's at

CL Computer Lab DH Dining Hall
 D Classroom D GR Game Room
 VRC Villanueva Rec Center WO Wellness Office
 CF Café MPR Multi-Purpose
 LNG Lounge P Patio

PLEASE NOTE: Time, date and location of activities are subject to change without notice. Please be mindful of other groups while playing games. Open recreational games are encouraged. Please remember to share the space and be aware of the noise level. We appreciate your cooperation and understanding

*** A fee is associated with this program**