

FOREVER ACTIVE

Our official newsletter for **active adults** in American Canyon



Pinochle Club

Tuesdays & Fridays 10:30AM-2PM

Join us every Tuesday and Friday for a fun game of Pinochle! This activity is a great way to meet new people and have a blast. Don't know how to play Pinochle? No problem! All skill levels are welcome.

Meet Michelle Grayson

Senior Center Program Coordinator

Join us in welcoming our new Program Coordinator, Michelle Grayson. This will be Michelle's sixth year working to create meaningful activities that enrich the lives of seniors. Michelle loves meeting new people, so stop by and say "hello!"



WEEKLY SCHEDULE

OF ONGOING PROGRAMS AT THE SENIOR CENTER

Mondays

FREE Yoga/Pilates Class | 9:00am – 10:00am
FREE Forever Young Fitness Class | 10:10am – 11:10am
Senior Nutrition Program | 11:30am – 12:30pm
FREE Sign Language Class | 11:30am – 12:30pm

Tuesdays

FREE Pinochle Club | 10:30am – 2:00pm
Senior Nutrition Program | 11:30am – 12:30pm
Low Impact Dance | 1:00pm – 2:00pm
Line Dancing with Evolution Soul | 7:00pm-9:00pm

Wednesdays

FREE Yoga/Pilates Class | 9:00am – 10:00am
FREE Forever Young Fitness Class | 10:10am – 11:10am
Senior Nutrition Program | 11:30am – 12:30pm

Thursdays

Watercolors Class | 9:00am – 11:00am
Senior Nutrition Program | 11:30am – 12:30pm
FREE Stitchers Social Class | 12:30pm – 2:30pm

Fridays

FREE Yoga/Pilates Class | 9:00am – 10:00am
FREE Forever Young Fitness Class | 10:10am – 11:10am
FREE Pinochle Club | 10:30am – 2:00pm
Senior Nutrition Program | 11:30am – 12:30pm



AMERICAN CANYON SENIOR CENTER

HOLIDAY POTLUCK

December 21, 2018 | 11:45AM

SEE A STAFF MEMBER TO SIGN UP!

MONTHLY PUZZLE

Can you spot the 10 differences?

