

FOREVER ACTIVE

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



Health Outreach

APRIL 20, 9AM - 1PM

Learn about various ways to keep your heart fit and receive a free blood pressure screening, provided by Touro University students.

No registration necessary.

UPCOMING

April 20

Health Outreach
9AM-1PM
Drop-ins welcome

May 1

Salad Contest
12PM
Register by Apr 24

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Salad Contest

APRIL 20, 9AM - 1PM

Celebrate National Salad Month with us! Our salad contest includes 2 categories: Green (leafy) Salads & Other(fruit, Jello, etc..). Be creative!

Entries must be dropped off at the Senior Multi-Use Center by 11:30AM, Guests are invited to come at 12PM to sample entries and vote for their favorite!

Register by phone at (707) 647-5350 by April 24.

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

- Reader's Theater | 9:00am – 10:15am
- FREE Pinochle Club | 10:30am – 2:00pm
- Senior Nutrition Program | 11:30am – 12:30pm
- Low Impact Dance Class | 1:00pm – 2:00pm

Wednesdays

- Yoga/Pilates Class | 9:00am – 10:00am
- FREE Forever Young Fitness Class | 10:10am – 11:10am
- FREE History Club 1st Wednesdays 11:15am – 12:15pm
- Senior Nutrition Program | 11:30am – 12:30pm
- FREE Cancer Support Group | 12:30pm – 2:00pm

Thursdays

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

Fridays

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

SPOT THE DIFFERENCES

Can you spot the 10 differences between these two pictures?

Spot The Difference 10 to find!

