

# FOREVER ACTIVE

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



## Easter Dinner

**APRIL 1, 5PM**

Celebrate Easter with our Senior Center family!

We'll be serving a a delicious Easter dinner. This event is free, but advance registration is required. Ages 18+.

Register by phone or or before March 15th at (707) 647-5350.

**2185 ELLIOTT DRIVE - (707) 647-5350**

## UPCOMING

### Mar 12

Tax Return Q & A  
12PM-2PM  
Drop-ins welcome

### Apr 1

Easter Dinner -5PM  
Register before  
March 15

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## Thank you to all who joined us for Craft Day!

We had a great time making Valentine's Day teacup crafts with our Senior Center family in February! Thank you for joining us.

Our next craft happens in June. We'll be making patriotic wreaths to decorate our homes for the 4th of July!

Keep an eye on your mailbox! Our Summer Activity Guide will be arriving next month, with lots of fun activities happening May-August.

# WEEKLY SCHEDULE

OF ONGOING PROGRAMS AT THE SENIOR CENTER

FREE Yoga/Pilates Class	Monday	9:00am – 10:00am
<b>FREE</b> Forever Young Fitness Class	Monday	10:10am – 11:10am
Senior Nutrition Program	Monday	11:30am – 12:30pm
<b>FREE</b> Sign Language Class	Monday	11:30am – 12:30pm
<b>FREE</b> Tai Chi: Moving for Balance	Monday	5:00pm – 6:00pm
Reader's Theater	Tuesday	9:00am – 10:15am
<b>FREE</b> Pinochle Club	Tuesday	10:30am – 2:00pm
Senior Nutrition Program	Tuesday	11:30am – 12:30pm
Low Impact Dance Class	Tuesday	1:00pm – 2:00pm
AC Community Chorus	Tuesday	7:00pm – 9:00pm
Yoga/Pilates Class	Wednesday	9:00am – 10:00am
<b>FREE</b> Forever Young Fitness Class	Wednesday	10:10am – 11:10am
<b>FREE</b> History Club	1 <sup>st</sup> Wednesday of each month	11:15am – 12:15pm
<b>FREE</b> Train Your Brain	4 <sup>th</sup> Wednesday of each month	11:15am – 12:15pm
Senior Nutrition Program	Wednesday	11:30am – 12:30pm
<b>FREE</b> Movie Day	3 <sup>rd</sup> Wednesday of each month	12:00pm – 2:00pm
<b>FREE</b> Cancer Support Group	Wednesday	12:30pm – 2:00pm
LaBlast Ballroom Fitness Class	Wednesday	4:30pm - 5:30pm
<b>FREE</b> Tai Chi: Moving for Balance	Wednesday	5:00pm – 6:00pm
Watercolors Class	Thursday	9:00am – 11:00am
Senior Nutrition Program	Thursday	11:30am – 12:30pm
<b>FREE</b> Stitchers Social Class	Thursday	12:30pm – 2:30pm
<b>FREE</b> Forever Young Fitness Class	Friday	10:10am – 11:10am
<b>FREE</b> Pinochle Club	Friday	10:30am – 2:00pm
Senior Nutrition Program	Friday	11:30am – 12:30pm



# SPOT THE DIFFERENCES

Can you spot the 10 differences between these two pictures?

