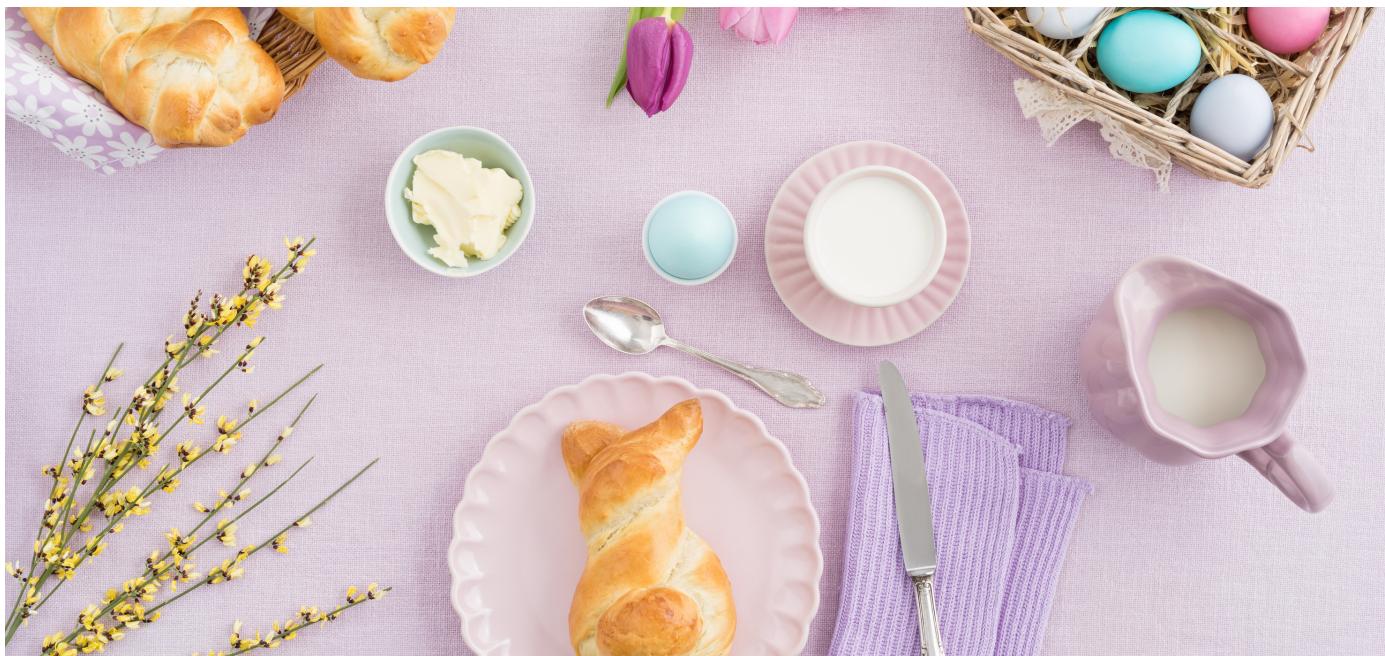


FOREVER ACTIVE

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 delicious Easter dinner. This event is free, but advance registration is required. Ages 18+.

Register by phone or before March 15th at (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
FREE Forever Young Fitness Class	Monday	10:10am – 11:10am
Senior Nutrition Program	Monday	11:30am – 12:30pm
FREE Sign Language Class	Monday	11:30am – 12:30pm
FREE Tai Chi: Moving for Balance	Monday	5:00pm – 6:00pm
Reader's Theater	Tuesday	9:00am – 10:15am
FREE 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
FREE Forever Young Fitness Class	Wednesday	10:10am – 11:10am
FREE History Club	1 st Wednesday of each month	11:15am – 12:15pm
FREE Train Your Brain	4 th Wednesday of each month	11:15am – 12:15pm
Senior Nutrition Program	Wednesday	11:30am – 12:30pm
FREE Movie Day	3 rd Wednesday of each month	12:00pm – 2:00pm
FREE Cancer Support Group	Wednesday	12:30pm – 2:00pm
LaBlast Ballroom Fitness Class	Wednesday	4:30pm - 5:30pm
FREE 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
FREE Stitchers Social Class	Thursday	12:30pm – 2:30pm
FREE Forever Young Fitness Class	Friday	10:10am – 11:10am
FREE 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?

