

FOREVER ACTIVE

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



Fitness Programs

Let's Get Moving!

Staying active becomes more and more important as you age. Exercise can help boost energy, maintain your independence, and manage symptoms of illness or pain. And not only is exercise good for your body, it's also good for your mind, mood, and memory.

Check out our list of ongoing programs on page 2. No matter what your fitness level is, we have a class that will get you moving!

Sign Language

Mondays 11:30AM-12:30PM

Are you ready to learn a second language? Learn the basics of sign language, including how to sign the alphabet and important vocabulary. **FREE** - No registration is required.

2185 ELLIOTT DRIVE - (707) 647-5350

UPCOMING

March 17

St. Patrick's Day Trip
9AM-5PM
Register by March 8.

April 21

Easter Dinner
5PM - 7PM
Register by April 2.

WEEKLY SCHEDULE

of programs at the American Canyon 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



CITY OF AMERICAN CANYON

Easter Dinner

Celebrate Easter with our Senior Center family!
This event is free, but registration is required.
Register by April 2 at (707) 647-5350

APRIL 21, 5PM, SENIOR MULTI-USE CENTER, 2185 ELLIOTT DRIVE

MONTHLY PUZZLE

Find 8 sundae glasses at the soda shop.

