

# 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





# MONTHLY PUZZLE

Find 8 sundae glasses  at the soda shop.

