

# FOREVER ACTIVE

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



## Thank you Girls on the Run!

Our local Girls on The Run group made some lovely flower pots for us to enjoy at the Senior Center. Thank you!

## Generations Poetry

Learn how to express yourself in poetry. Explore the creative side of your mind with this weekly class.

Wednesdays 10AM - 11AM, beginning 6/13

# 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

## 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 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

# 4TH OF JULY FESTIVAL

American Canyon has a tradition of coming out as a community and celebrating its patriotism through a full day of fun Fourth of July activities including a parade through the community and a festival capped off with one of the best fireworks shows in the North Bay!

This year's schedule is as follows:

## **Patriotic Parade | 10:30AM**

This year's theme is American Canyon is Bold & Bright!

Location: Starts at the corner of Elliott Dr. & Kimberly Dr., and ends at Community Park II (20 Benton Way).

## **Festival | 12PM - 9:30PM**

This family-friendly festival includes a flag raising ceremony, fun children's games, food vendors, live entertainment, and more! The Phillip West Aquatic Center will hold Open Swim from 1:15PM - 4PM.

Location: Community Park II , (20 Benton Way)

## **Open Swim| 1:15PM - 4PM**

Location: Phillip West Aquatic Center , (100 Benton Way)

## **Fireworks Show | 9:30PM**

The best fireworks show around!

Location: Community Park II (20 Benton Way)

We hope to see you there!

# SPOT THE DIFFERENCES

Can you spot the 10 differences between these two pictures?

