

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?

