

FOREVER ACTIVE

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



Tax Return Q & A

FEBRUARY 12, 12PM-2PM

H&R Block will be here to answer questions about filing your tax return, new tax laws, etc... No appointment is necessary, drop-in any time between 12PM-2PM. Ages 18+



2185 ELLIOTT DRIVE - (707) 647-5350

FEBRUARY

Feb 12

Tax Return Q & A
12PM-2PM
Drop-ins welcome

Feb 2

Craft & Coloring Day
12:30PM-2PM
Register in advance.

Feb 9

Valentine Trivia Night
7PM-9PM
Register in advance.

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Make it with Strawberries

MARCH 1, 11:30AM

In honor of California Strawberry Day, we're having a "Make it with Strawberries Contest!" Entries must be dropped off at the Senior Center by 11:30 AM. Guests are invited to join us at 12 PM to sample entries and vote for their favorite, to determine the "People's Choice Award". Open to cooks/bakers of all ages. Register in advance at (707) 647-5350.

Craft & Coloring Day

MARCH 2, 12:30PM-2PM

Design your own spring fabric picture or enjoy some adult coloring. Please register by February 23 at (707) 647-5350.



**AMERICAN CANYON SENIOR CENTER
2185 ELLIOTT DRIVE - (707) 647-5350**

MARCH

Mar 1

Make it with
Strawberries
11:30AM
Register in advance.

Mar 2

Craft & Coloring Day
12:30PM-2PM
Register by Feb 23

Mar 12

Tax Return Q & A
12PM-2PM
Drop-ins welcome

Apr 1

Easter Dinner
5PM
Register by March 15

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 DIFFERENCE!

Find 10 differences between the 2 pictures!

