

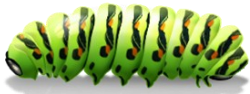
ACTIVITY SCHEDULE
For activity information,
Call: 760-767-3116
10am-2pm, M-F

Borrego Seniors Community Center

May 2026



ACTIVITY SCHEDULE
At 580 Circle J Dr.
 Entrance faces Cahuilla Rd
All are welcome, FREE
Donations Accepted

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 12:00 Cribbage, Games, Puzzles
4 8:00 QiGong for Health 12:00 Crafting FABRIC DOLL PROJECT	5 10 –11 STRETCHING 	6 8:00 QiGong for Health 11:00–1:00 Rock Painting & Scrapbooking 	7 10 –11 STRENGTH 11:30 FASCIA MOVEMENT SILVIA	8 12:00 Cribbage, Games, Puzzles 
11 8:00 QiGong for Health 12:00 Crafting FABRIC DOLL PROJECT	12 10 –11 DVD CARDIO 1:00 Dementia Caregiver Support Group 	13 8:00 QiGong for Health 11:00–1:00 Rock Painting & Scrapbooking	14 10 –11 FLEXIBILITY 11:30 FASCIA MOVEMENT SILVIA	15 12:00 Cribbage, Games, Puzzles
18 8:00 QiGong for Health 12:00 Crafting FABRIC DOLL PROJECT	19 10 –11 STRENGTH 	20 8:00 QiGong for Health 11:00–1:00 Rock Painting & Scrapbooking 	21 10 –11 DVD CARDIO 11:30 FASCIA MOVEMENT SILVIA	22 12:00 Cribbage, Games, Puzzles 
25 CLOSED FOR MEMORIAL DAY 	26 10 –11 STRETCHING 1:00 Dementia Group 	27 11:00–1:00 Rock Painting & Scrapbooking 	28 10 –11 DVD EXERCISE 11:30 FASCIA MOVEMENT SILVIA	29 12:00 Cribbage, Games, Puzzles