

# McKinleyville Senior Center

## October 2018 Activities

### Every Monday:

8:30 - 9:30 Tai Chi  
9 - 12 Computers (call for availability)  
10:30 am Walking Group at Hiller Park  
1 - 4 pm Party Bridge  
1 - 4 pm Cribbage (*New*)

**Last Mon. Oct 29th 11-12 noon — Low Vision Workshop**

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### Every Tuesday:

9 - 11 am TOPS  
9:30 -10:30 SAIL (formerly OsteoX)  
10:40 -11:40 Stretching  
12:30 - 3:30 BINGO  
1:30 - 2:30 Exercise

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### Every Wednesday:

8:30 - 9:30 Tai Chi  
9 - 12 noon Computers (call for availability)  
10 -12 noon Needlework  
10:30 Walking Group at Hiller Park  
1 - 4pm Pinochle

**1st Wed. Oct. 3 — 10 - 11am - Genealogy**

**3rd Wed. Oct. 17 — 10:30 -11:30 Executive Board Meeting**

**Last Wed Oct. 31 1 - 2 pm Healthy Heart Club**

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### Every Thursday:

9:30 -10:30 SAIL (formerly OsteoX)  
10:30 - 12 Pinochle Lessons  
10:40 -11:40 Stretching  
12:30 - 3:30 BINGO

**Oct. 4 — 11-11:30 \$3 Mini-Lunch: Baked Potatoes & Chili**

**Oct. 11 — 11-11:30 \$3 Mini-Lunch: Bean Soup & Quesadilla**

**Oct. 18 — 11-11:30 \$3 Mini-Lunch: Chicken, Pasta, Veggie Soup  
& Half-Sandwich**

**Oct. 25 — 11-11:30 \$3 Mini-Lunch: Pea Soup & Half-Sandwich**

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### Every Friday:

8:30 - 9:30 Tai Chi  
10:30 Walking Group at Hiller Park  
1 - 4pm Pinochle

**Last Fri, Oct. 26 10-11am Full Board Meeting (Open Meeting)**

### SENIOR CENTER

#### OPEN HOURS:

9 am - 4 pm  
Monday through Friday

#### PHONE:

707-839-0191

#### EMAIL:

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#### WEB SITE:

<http://mckinleyvillecsd.com>

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