

# McKinleyville Senior Center

## August 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. Aug 27 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. Aug 1 — 10 - 11am - Genealogy**

**3rd Wed. Aug 15 — 10:30 -11:30 Executive Board Meeting**

**Last Wed. Aug 29 - 12 - 1pm \$5 Monthly Luncheon:**

Pulled Pork on Bun, Coleslaw, Dessert sign up by Aug 24

**Last Wed Aug 29 1 - 2pm 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

**Aug 2 — 11-11:30 \$3 Mini-Lunch: Veggie Soup & Half-Sandwich**

**Aug 9 — 11-11:30 \$3 Mini-Lunch: Chef Salad**

**Aug 16 — 11-11:30 \$3 Mini-Lunch: Baked Potato & Chili**

**Aug 23 — 11-11:30 \$3 Mini-Lunch: Navy Bean Soup & Half-Sandwich**

**Aug 30 — 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, Aug 31 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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