

SCV Senior Center Schedule of Activities May, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00		Beginning Tai Chi		Intermediate Watercolor Art, Beginning Tai Chi		
8:30	Aerobics	Intermediate Tai Chi	Aerobics	Intermediate Tai Chi	Aerobics	Tai Chi
9:00	Needlecraft		Art: Acrylics/Oil		Computer, Crafts & Needlework	
9:30	Chair Exercise (9:45)	Anthro/History	Chair Exercise (9:45)	Tap Dance	Chair Exercise, Caregiver Support	
10:00	Crochet Lessons, Current Events Chess	Emotional Support, Chess	2 nd Career Center (4 th Wednesdays) French Chess	Chess	Chess	
10:30		Blood Pressure			Food Bingo	
10:45	Chair Pilates & Stretch		Chair Pilates & Stretch		Chair Pilates & Stretch	
11:00		Grief Support				
11:30	Lunch	Lunch	Lunch	Lunch	Lunch	
12:00	Silvertones (Newhall)					
12:30	Duplicate Bridge					
1:00	Canasta, Pinochle	Wii Bowling	Senior Cinema (2 nd Wed) Health /Wellness Pinochle	Wii Bowling, Mah Jongg	Pinochle, Hand Drumming, Ping Pong	
1:30					Beginning Watercolor Art	
2:00	Line Dance, Creative Writing		Conscious Aging (4 th Wednesdays), Journal Writing (3 rd Wednesdays), French (2:30)			
3:00		EZ Tai Chi	Beginning Bridge (2:30)	Bingo (1 st & 3 rd Thursdays)		
3:30	Zumba		Zumba		Zumba	
4:30	Flex & Flow Yoga (4:15)		Flex & Flow Yoga (4:15)			

Special Events:

- **Senior Cinema: *Sideways*.** Enjoy this romantic comedy about two middle-aged men embarking on a journey through California's wine country. Wednesday, May 8, 2019 at 1:30 p.m. in Room C.
- **Scholar Series: The Underground Railroad:** Freedom did not come easily to the fugitive slaves who sought to escape the bonds of slavery. Join us at this thoughtful presentation by Professor Lissa Brassfield as she discusses the frightening trek and introduces the people who helped the brave slaves along the dangerous journey. Wednesday, May 29, 10:00 -11:00 am, in Room H.
- **Memorial Day Tribute:** Please join us as we pay tribute to the brave men and women of the United States Armed Forces who paid the ultimate price for our freedom. Friday, May 24, 2019, 11:30-12:30, in the Grand Ballroom.
- **A Trip to the Zoo concert:** Spend a fun and lively afternoon with our very own Silvertones as they take us on a musical trip to the zoo. Popular hits like "Hound Dog" and "Muskrat Love" will get you tapping your feet and singing along. May 17, 2019 from 2:30-4:30 p.m. in the Grand Ballroom.