

Monday

Tuesday

Wednesday

Thursday

Friday



NOTES:

- ****HICAP** Services are Tuesdays by appointment only, call this number to schedule an appointment: (916) 376-8915.
- ***Walk and Talk** is held at various Folsom locations, schedule is included with registration.
- ***Bridge Group or the Pinochle Group** - Please see a Senior Center Attendant for more info or to sign up.
- ***Senior Lunch Program** – Please see a Senior Center Attendant or the front desk for an intake form, or call (916) 461- 6685 with any questions you may have.

Please note that activities are subject to change with little notice.

<p>1 8:30 - 9:30AM* \$ Walk and Talk</p> <p>9:00AM - 10:00AM* \$ Yoga for Healthy Living (Multi A & B)</p> <p>11:30AM - 12:30PM* Senior Lunch Program (Multi A)</p> <p>12:00PM - 4:00PM* Pinochle (SC)</p> <p>1:30PM – 2:30PM* Better Balance (Multi A & B)</p>			<p>2 8:40AM - 9:40AM* \$ Functional Fitness Training (Multi A & B)</p> <p>10:00AM - 12:00PM* -Crafty Friday (SC)</p> <p>10:30AM - 11:30AM Grief Support Group (Multi B)</p> <p>2:00PM – 3:00 Golden Gamers (SC) Come learn a new game-Rummikub and/or Wii Bowling!</p>	
<p>5 8:40AM - 9:40AM* \$ Functional Fitness Training (Multi A & B)</p> <p>9:30AM - 11:00AM Off Key Singers (SC)</p> <p>11:30AM-12:30PM * Senior Lunch Program (Multi A)</p> <p>12:00PM - 3:00* Bridge Group (Multi B)</p> <p>12:30 PM – 1:30* Wheel of Fortune (Multi A)</p> <p>2:00PM - 2:50* \$ Chair Yoga (Multi B)</p>	<p>6 8:30AM - 9:30AM* \$ Walk and Talk</p> <p>9:00AM - 10:00* \$ Yoga for Healthy Living (Multi A & B)</p> <p>11:00AM - 2:00 Mah Jongg (American) (SC)</p> <p>11:30AM - 12:30* Senior Lunch Program (Multi A)</p> <p>12:00PM - 4:00* Pinochle (SC)</p> <p>2:00PM – 3:00* Golden Gamers (SC) Come learn a new game-Rummikub and/or Wii Bowling!</p>	<p>7 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B)</p> <p>9:30AM - 11:30* \$ Memoir Writing (Conf)</p> <p>10:30 - 11:15AM * \$ Zumba Gold (Multi A & B)</p> <p>1:00PM - 2:00PM Bingo (Multi A)</p> <p>2:00PM - 2:50PM* \$ Chair Yoga (Multi B)</p> <p>2:30PM – 3:30 Mah Jongg (American) Lessons (SC)</p>	<p>8 8:30AM - 9:30* \$ Walk and Talk</p> <p>9:00AM - 10:00 * \$ Yoga for Healthy Living (Multi A & B)</p> <p>11:30AM - 12:30* Senior Lunch Program (Multi A)</p> <p>12:00PM - 4:00* Pinochle (SC)</p> <p>1:30PM – 2:30* Better Balance (Multi A & B)</p>	<p>9 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B)</p> <p>10:00AM - 11:30 Alzheimer’s Support Group (Multi B)</p> <p>10:00AM - 12:00* Crafty Friday (SC)</p> <p>2:00PM – 3:00 Golden Gamers (SC) Come learn a new game-Rummikub and/or Wii Bowling!</p>
<p>12 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B)</p> <p>9:30AM - 11:00 Off Key Singers (SC)</p> <p>11:30AM - 12:30* Senior Lunch Program (Multi A)</p> <p>12:30PM - 1:30* Jeopardy (Multi A)</p> <p>2:00PM - 2:50* \$ Chair Yoga (Multi A)</p>	<p>13 8:30AM - 9:30* \$ Walk and Talk</p> <p>9:00AM - 10:00* \$ Yoga for Healthy Living (Multi A & B)</p> <p>9:00AM - 4:00 ** HICAP (Conf)</p> <p>11:00AM - 2:00 Mah Jongg (American) (SC)</p> <p>11:30AM - 12:30 * Senior Lunch Program (Multi A)</p> <p>12:00PM - 4:00 * Pinochle (SC)</p> <p>2:00PM – 3:00 Golden Gamers (SC) Come learn a new game-Rummikub and/or Wii Bowling!</p>	<p>14 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B)</p> <p>9:30AM - 11:30* \$ Memoir Writing (Conf)</p> <p>10:30AM - 11:15* \$ Zumba Gold (Multi A & B)</p> <p>1:00PM - 2:00 Bingo (Multi A)</p> <p>2:00PM - 2:50* \$ Chair Yoga (Multi B)</p>	<p>15 8:30AM – 9:30* \$ Walk and Talk</p> <p>9:00AM - 10:00* \$ Yoga for Healthy Living (Multi A & B)</p> <p>11:30AM - 12:30* Senior Lunch Program (Multi A)</p> <p>12:00PM - 4:00* Pinochle (SC)</p> <p>1:30PM - 2:30* Better Balance (Multi A & B)</p>	<p>16 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B)</p> <p>10:00AM - 12:00* Crafty Friday (SC)</p> <p>10:30 - 11:30 Grief Support Group (Multi B)</p> <p>1:00 PM – 3:00* Friday Flicks (Multi B)</p>

<p>19 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B) 9:30AM - 11:00 Off Key Singers (SC) 11:30AM - 12:30* Senior Lunch Program (Multi A) 12:00PM - 3:00* Bridge Group (Multi B) 12:30 PM – 1:30 Golden Gamers (SC) Come learn a new game-Rummikub and/or Wii Bowling! 2:00PM - 2:50* \$ Chair Yoga (Multi B)</p>	<p>20 8:30AM - 9:30* \$ Walk and Talk 9:00AM - 10:00* \$ Yoga for Healthy Living (Multi A & B) 11:00AM - 2:00 Mah Jongg (American) (SC) 11:30AM - 12:30* Senior Lunch Program (Multi A) 12:00PM - 4:00* Pinochle (SC) 2:00PM – 3:00 Golden Gamers (SC) Come learn a new game-Rummikub and/or Wii Bowling!</p>	<p>21 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B) 9:30AM - 11:30* \$ Memoir Writing (Conf) 10:30AM - 11:15* \$ Zumba Gold (Multi A & B) 1:00PM - 2:00 Bingo (Multi A) 2:00PM - 2:50* \$ Chair Yoga (Multi B) 2:00PM – 4:00PM Technology 1:1</p>	<p>22 8:30AM - 9:30* \$ Walk and Talk 9:00AM - 10:00* \$ Yoga for Healthy Living (Multi A & B) 11:30AM - 12:30* Senior Lunch Program (Multi A) 12:00PM - 4:00* Pinochle (SC) 1:30PM – 2:30* Better Balance (Multi A & B)</p>	<p>23 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B) 10:00AM - 12:00* Crafty Friday (SC) 1:00PM - 3:30* California Beach Party! Food, Games, Music and Fun! Please sign up in the Senior Center. Don't miss this fun event!</p> 
<p>26 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B) 9:30AM - 11:00 Off Key Singers (SC) 10:30AM - 12:00 Parkinson's Support Group (Multi B) 11:30AM - 12:30* Senior Lunch Program (Multi A) 12:30PM - 1:30* Jeopardy (Multi A) 2:00PM - 2:50* \$ Chair Yoga (Multi B)</p>	<p>27 9:00AM - 10:00* \$ Walk and Talk 9:00AM - 10:00* \$ Yoga for Healthy Living (Multi A & B) 9:00AM - 4:00 ** HICAP (Conf) 11:00AM - 2:00 Mah Jongg (American) (SC) 11:30AM - 12:30 *Senior Lunch Program (Multi A) 12:00PM - 4:00* Pinochle (SC) 2:00PM – 3:00 Golden Gamers (SC) Come learn a new game-Rummikub and/or Wii Bowling!</p>	<p>28 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B) 9:30AM - 11:30* \$ Memoir Writing (Conf) 10:30AM - 11:15A* \$ Zumba Gold (Multi A & B) 1:00PM - 2:00PM Bingo (Multi A) 2:00PM - 2:50* \$ Chair Yoga (Multi B)</p>	<p>29 8:30AM - 9:30* \$ Walk and Talk 9:00AM - 10:00 * \$ Yoga for Healthy Living (Multi A & B) 11:30AM - 12:30* Senior Lunch Program (Multi A) 12:00PM - 4:00* Pinochle (SC) 1:30PM – 2:30* Better Balance (Multi A & B)</p>	<p>30 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B) 10:00AM - 12:00* Crafty Friday (SC) 12:30PM – 1:30* Gab & Grub Come celebrate birthdays for the month, enjoy snacks, learn what's coming up in the Senior Center and get to know one another better! (Multi A & B) 2:30PM - 3:30 Karaoke Hour! (Multi B)</p>

*** Please register in advance if you see an asterisk ***

If ORANGE, sign up in the Senior Center!

KEY:

Fee Based - In Green with \$
Workshop - In Blue
Presentation - In Purple
Support Group or Service- In Red

Multipurpose Room A - (Multi A)
Multipurpose Room B - (Multi B)
Senior Center - (SC)
Conference Room - (Conf)

CONTACT INFO:

Folsom Senior & Arts Center:
48 Natoma St. Folsom - (916) 461-6601
Dana, Judi & Rachael - Senior Center Attendants folsomseniorcenter@folsom.ca.us
Daniel - Recreation Coordinator: (916) 461-6611 or DKimpel@folsom.ca.us