



CITY OF YUBA CITY SENIOR CENTER

DECEMBER 2023 SCHEDULE

777 Ainsley Ave. (530) 822-4608 Open Mon-Fri 8am-4pm

Register in-person or online www.yubacity.net/registration

December Holiday Closure:

Monday Dec. 25 through Monday,
January 1, 2024

Open: Tuesday Jan 2, 2024

Program	Days	Dates	Time	Fee Resident/Non-Res	Room
Pottery Open Studio	Monday	Dec 4 – Dec 18	1:00pm - 4:00pm	\$27/\$30	Art
Ceramics	Wednesday	Dec 6 – Dec 20	9:00am - 12:00pm	\$15/\$17	Art
Knitting	Tuesday	Ongoing	10:00am-12pm	Activity Card	Art
Watercolor Open Studio	Friday	Ongoing	9:00am - 12:00pm	Activity Card	Art
Arts & Crafts Open Studio	Friday	Ongoing	12:30-3pm	Activity Card	Art
Quilting	Friday	Ongoing	9:00am - 11:00am	Activity Card	Bingo
Line Dancing	Monday & Wednesday	Ongoing	10:00am - Noon	Activity Card	Fitness
Beginner Line Dance	Thursday	Ongoing	11:45am-1:00pm	Activity Card	Fitness
Fitness after 50 (Video)	Tuesday & Thursday	Dec 5 – Dec 21	10:30am - 11:30am	Activity Card	Fitness
Yoga Balance	Tuesday & Thursday	Dec 5 – Dec 21	9:30am-10:15am	\$18/\$20	Fitness
Yoga	Tuesday & Thursday	Dec 5 – Dec 21	8:15am - 9:15am	\$30/\$34	Fitness
Tai Chi	Friday	Dec 1 - Dec 22	10:00-11:00am	\$20/\$22	Fitness
Bingo	Friday	Dec 1, 8, 15. 22	Sales Open- 4:30-5:50pm Bingo Starts @ 6pm	\$10 buy-in	Bingo
Smartphone Help	Wednesday	iphone – Dec 6 Android – Dec 13	11am– 12pm	Free, sign-up at front desk	Game
Pinochle	Mon, Tues, and/or Fri	Ongoing	11:00am-3:30pm	Activity Card	
Hand & Foot	Wednesday	Ongoing	10:30am-3:00pm	Activity Card	Bingo
Bridge	Tuesday & Friday	Ongoing	11:30am-3pm	Activity Card	Game
Poker	Tuesday	Ongoing	12:00pm	Activity Card	Poker
Rummikub	Thursday	Ongoing	12:30-3pm	Activity Card	Game
Writer's Workshop	2nd/4th Mondays	Dec 11 only	10:00-11:30am	Activity Card	Game



FOR MORE INFORMATION ON SENIOR CENTER PROGRAMS & EVENTS CALL (530) 822-4608



YUBA CITY SENIOR CENTER DECEMBER HOLIDAY CLOSURE

Mon Dec 25	Tues Dec 26	Wed Dec 27	Thurs Dec 28	Fri Dec 29
Closed	Closed	Closed	Closed	Closed (No Bingo)
Mon Jan 1 2024	Tues Jan 2 2024	 <p>HAPPY HOLIDAYS!</p>		
Closed 	OPEN!			



EAT SMART, LIVE STRONG

Join Us for a FREE
4 Week Health Series!

- Cooking Demonstration
- Access to Dietitian
- Healthy Eating on a Budget
- Nutrition Goal Setting
- Discover Simple Ways to Add Physical Activity to Your Day

AGENCY
ON AGING
AREA 4

4 Mondays: January 22, 29, February 5 & 12

10:30-11:30am

**This program emphasizes
practical strategies to
manage falls.**

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

TUESDAYS & THURSDAYS:

January 2nd - January 25th

10:00am to 12:00pm



Join us!

Waffle Wednesdays

Wednesday, December 20

9:00AM – 10:00AM

FREE BREAKFAST– All Welcome!

