

### **Friday Night Bingo**

Age 18+ welcome

\$10 buy-in

Sales Open 4:30

Sales Close @ 5:50pm

Bingo Starts 6:00pm

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### **Free Cell Phone Help**

iPhones-1st Wednesdays

Android-2nd Wednesdays

11am-Noon

Call 822-4608 to sign-up

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### **Join us for Waffle Wednesdays!**

Last Wednesday of every month

9:00-10:00am

Enjoy a free waffle breakfast and  
get info on Senior Center

### **Collette Vacations &**

### **Bus Day Trips**

Domestic & International Travel

Trip brochures available at the  
Senior Center

*The Yuba City Senior Activity*

*Center is dedicated to*

*providing quality recreation*

*programs and services to*

*seniors 50+ in the Yuba-Sutter*

*area. Visit or call for more*

*information.*

*Open Monday-Friday,*

*8am-4pm.*



### **City of Yuba City Senior Activity Center**

**777 Ainsley Ave.**

**(530) 822-4608**

**Open Monday-Friday 8am-4pm**

**Register for programs in-person  
or online:**

**[www.yubacity.net/registration](http://www.yubacity.net/registration)**



## **FITNESS**

### **Monthly Enrollment Fees Vary**

#### **Fitness After 50**

**Tu/Th 10:30-11:30 am**

Aerobic exercises set to energetic, upbeat music.

#### **Body Toning**

**Wed 8:15-9:15 am**

Build strength and endurance.

#### **Yoga**

**Tu/Th 8:15-9:15 am**

Hatha style yoga focusing on breathing in and out of traditional yoga poses to increase function and mobility. Flow through a set of postures to improve balance and encourage strength and relaxation.

#### **Yoga Balance**

**Tu/Th 9:30-10:15 am**

Improve balance and circulation, improve flexibility and reduce stress with movements done seated and standing.

#### **Tai Chi**

**Fri 10-11am**

Simple flowing movements can help reduce and relieve joint stiffness to advance range of motion. This mindful practice focuses on body alignment, balance and breathing. The diverse benefits of Tai Chi can be experienced standing or sitting.

## **ART**

### **Monthly Enrollment Fees Vary**

#### **Pottery**

**Mon 2-4pm**

Hand-build with clay to create bowls, small sculpture and other art pieces. Items are glazed and fired in kiln.

#### **Ceramics**

**Wed 9am-Noon**

Paint and finish greenware ceramics. A fun outlet for those artists who like to create. Beginner to advanced skill levels welcome. Pieces are glazed and fired in kiln, and make great gifts or household wares for yourself.

#### **Arts & Crafts Open Studio**

**Fridays 12:30-3pm**

Work on your individual art or craft project. Any medium is welcome. Open studio, bring your own supplies. Activity Card program.



## **ACTIVITY CARD PROGRAMS**

**The following programs are free with a current Activity Card.**

\$9/quarter- residents

\$10/quarter-non-residents

\$36/year-residents

\$40/year-non-residents

#### **Line Dancing**

Intermediate Level-M/W 10am-12pm

Beginner Level-Thurs 11:45am-1:00pm

#### **Watercolor Open Studio**

**Fridays 9am-Noon**

Work on individual art projects in a supportive setting. Beginner and advanced artists welcome. Bring your own supplies. A list of suggested supplies can be provided.

#### **Writer's Workshop**

**2nd & 4th Mondays 10-11:30am**

For those who enjoy writing or would like to start. Prompted write, followed by sharing.

#### **Cards & Games**

**Quilting– Fri @ 9-11am**

**Knitting-Tues @ 10am-12pm**

**Pinochle– M/Tu/Fri @ 11:30-3:30pm**

**Bridge– Tu/Fri @ 11:30am-3pm**

**Poker-Tues @ 12-3pm**

**Rummikub -Thurs @ 12-3pm**