



**CITY OF YUBA CITY SENIOR CENTER
FEBRUARY 2024 SCHEDULE**

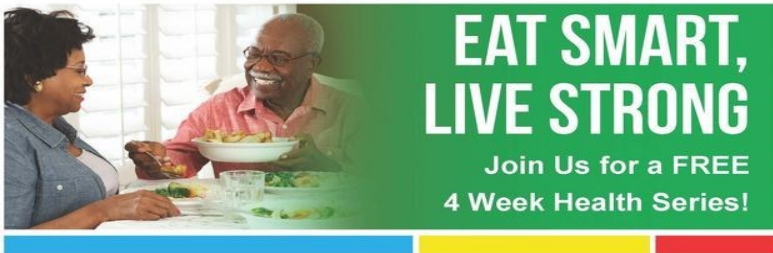
777 Ainsley Ave. (530) 822-4608 Open Mon-Fri 8am-4pm
Register in-person or online www.yubacity.net/registration

Senior Center Will Be Closed:
Monday, February 19
in observance of President's Day

Program	Days	Dates	Time	Fee Resident/Non-Res	Room
Pottery Open Studio	Monday	Feb 5 – Feb 26	1:00pm - 4:00pm	\$27/\$30	Art
Ceramics	Wednesday	Feb 7 – Feb 28	9:00am - 12:00pm	\$20/\$22	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	Tuesday & Thursday	Feb 1 – Feb 29	10:30am - 11:30am	\$27/\$30	Fitness
Body Toning	Wednesday	Feb 7—Feb 28	8:15am-9:15am	\$12/\$15	Fitness
Yoga Balance	Tuesday & Thursday	Feb 1 – Feb 29	9:30am-10:15am	\$27/\$30	Fitness
Yoga	Tuesday & Thursday	Feb 1 – Feb 29	8:15am - 9:15am	\$45/\$50	Fitness
Tai Chi	Friday	Feb 2 - Feb 23	10:00-11:00am	\$20/\$22	Fitness
Bingo	Friday	Feb 2, 9, 16, 23	Sales Open- 4:30-5:50pm Bingo Starts @ 6pm	\$10 buy-in	Bingo
Smartphone Help	Wednesday	iphone – Feb 7 Android – Feb 14	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	2/12 & 2/26	10:00-11:30am	Activity Card	Game



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



- 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



CHP Age Well, Drive Smart

Thursday, February 29

1:00-3:00pm

Take part in the California Highway Patrol's Age Well, Drive Smart senior education class. This class was developed to assist mature drivers to continue to drive safely. This is a FREE class and is presented by CHP Senior Volunteer Team. The curriculum addresses such topics as aging and its effects on safe driving, maintaining good physical health, self-assessment, and more.

Join us!

Waffle Wednesdays

Last Wednesday of the Month

9:00AM –10:00AM

FREE BREAKFAST

All Welcome!



Yuba City Senior Center

Walk-Up Food Distribution

**4TH THURSDAY OF EACH MONTH
IN THE COURTYARD
FROM 9-10AM
BEGINNING AUG 24TH**

777 Ainsley Ave
Yuba City, CA 95991

**FIRST COME, FIRST SERVE
BRING YOUR OWN BAGS OR CART!**



YUBA-SUTTER
foodbank

This institution is an equal opportunity provider.