

Dales Senior Center

December



Monday

8:30 - 8:55am	Stretch
9:00 - 9:50am	Fit with Dales
10:00 - 10:50am	Chair Exercise
11:00 - 11:50am	Yoga
12:30 - 1:30pm	Walking With Staff (New)
1:00 - 2:30pm	Crafty Corner (New)
1:30 - 2:30pm	Creative Coloring (New)



Thursday

8:30 - 9:30am	Garden Club
9:00 - 9:50am	Peaceful Practices
9:30 - 11:00am	Basic Spanish
10:00 - 11:20am	Current Events
11:00am - 12:30pm	Beg. Computers (Lab Time)
11:00am - 12:30pm	Backyard Champions
12:00 - 4:15pm	Canasta
12:45 - 2:15pm	Line Dancing - High Beginner
2:00 - 3:30pm	Mini Mani
2:30 - 4:00pm	Line Dancing - Intermediate



Friday

11:00am - 2:00pm	BINGO
3:00 - 4:00pm	Creative Coloring (New)
3:00 - 4:00pm	Brain Games



Tuesday

8:30 - 9:30am	Garden Club
9:00 - 9:50am	Peaceful Practices
9:30 - 11:00am	Conversation Spanish
10:00am - 11:20pm	Current Events
11:00am - 12:30pm	Beg. Computers
11:30am - 12:30pm	For the Love of Lit.
11:15am - 12:15pm	English as a Second Language
12:30 - 2:00pm	Pen Pal Pioneers
12:45 - 2:15pm	Line Dancing - High Beginner
1:00 - 2:00pm	Boomer Tech
2:00 - 3:30pm	BUNCO - 4th Tuesday
2:00 - 3:30	Mini Mani
2:30 - 4:00pm	Line Dancing - Intermediate



Upcoming Events



*IEHP Presentation: Act in Time
for Heart Attack Signs
Tuesday, December 3 * 9:30 - 10:30am*

*ICRC Presentation : Sleep Hygiene
Friday, December 6 * 9 - 10am*



*Who-Ville Feast Luncheon
Wednesday, December 11 * 11am - 1pm
\$3.00 Per Person Pre-Registration encouraged*

*Cup Full of Cheer Gathering
Tuesday, December 17 *9:30 - 11am
(Registration Required)*

*Newport Boat Parade Sr Excursion
Thursday, December 19 * 3 - 11pm
\$65.00 per person*

*Center Closed December 25
In Observance of Christmas*



Wednesday

8:30 - 8:55am	Stretch
9:00 - 9:50am	Fit with Dales
10:00 - 10:50am	Chair Exercise
10:30am - 12:30pm	Art Classes */**
11:00 - 11:50am	Yoga
12:30 - 1:30pm	Walking With Staff (New)
1:30 - 3:00pm	Trivia w/ A Twist (1st and 3rd Wed's.)



Hours of Operation

M-F: 8am - 5pm

Sat & Sun: Closed (Rentals ONLY)

For more information call 951.826.5303

*Classes, Events, Times and Dates
are Subject to Change*

ART CLASSES

Pre-Registration Encouraged

*Classes Have a Fee *
Space is limited ***

*1st Week - Advanced Jewelry **

*3rd Week - Just Paint **

*4th Week - Innovative Crafts * / ** (No Class)*