

# January SENIOR CENTER ACTIVITIES

## McKinleyville Senior Center

**Azalea Hall • 1620 Pickett Road**  
**Open Monday-Friday 9 a.m. - 4 p.m.**  
 mckinleyvillecsd.com  
 azaleahall@att.net • 839-0191  
**Closed Dec. 22, 2018, to Jan. 5, 2019**

### Mondays

	8:30-9:30	Tai Chi
	9-12	Computers* (*With tutor - call to sign up)
	10:30	Walking Group at Hiller Park
	1-4	Party Bridge
Jan. 28		Board of Directors Meeting
Jan. 28	11-12	Low Vision Workshop

### Tuesdays

	9-11	TOPS
	9:30-10:30	S.A.I.L. Class
	10:40-11:40	Stretching
	12:30-3:30	BINGO
	1:30-2:30	Exercise

### Wednesdays

	8:30-9:30	Tai Chi
	9-12	Computers <i>(call for availability)</i>
	10-12	Needlework
	10:30	Walking Group at Hiller Park
	1-4	Pinochle
<i>No class in January</i>		Genealogy
Jan. 2 & 16	3-5	Caregiver Support Group Timber Ridge at McKinleyville Private Dining Room, 1400 Nursery Way. <i>For info call 443-9747</i>
Jan. 9	12-1	FREE Monthly Luncheon Game Hen w/ Stuffing & Potato Salad, Green Beans
Jan. 16	11:00	Executive Board Meeting

### Thursdays

	9:30-10:30	S.A.I.L. Class
	10:30-12	Pinochle Lessons
	10:40-11:40	Stretching
	12:30-3:30	BINGO
Jan. 10	11-11:30	Potato soup & 1/2 sand., \$3
Jan. 17	11-11:30	Chicken Noodle Casserole & green salad \$3
Jan. 24	11-11:30	Cumin-scented Wheatberry -Lentil Soup & salad \$3
Jan. 31	11-11:30	Beef Stroganoff w/ broccoli & jello fruit salad \$3

### Fridays

	8:30-9:30	Tai Chi
	10:30	Walking Group at Hiller Park
	1-4	Pinochle

## Fortuna Senior Center

**A Membership Organization**  
**MGC at 2280 Newburg Road**  
 fortunasenior.org  
 admin@fortunasenior.org • 726-9203  
**Closed Tuesday, Jan. 1, 2019**

### Mondays

	8:30	Riverwalk
MGC	9:00	Tai Chi
	11:00	Line Dancing
Jan. 7	1:45	Book Club
	3:30	Ukulele Group
	5:00	SAIL Class
		<i>United Methodist Church</i>
	9:00	PE for Seniors
	10:30	PE for Seniors-Beginners

### Tuesdays

<i>Rohner Park</i>	8:30	Walking Trails
MGC	1:30	Senior Stitches
	2:00	Seated Tai Chi
	3:00	Recorder Group

### Wednesdays

	8:30	Riverwalk
Jan. 2	12:00	Senior Lunch Bunch
		<i>Call Chris 725-2020 or Carol 725-2931</i>
MGC	1:00	Tai Chi
	5:00	SAIL Exercise
		<i>United Methodist Church</i>
	9:00	PE for Seniors
	10:30	PE for Seniors-Beginners

### Thursdays

<i>Rohner Park</i>	8:30	Walking Trails
	3:00	Bocce Ball
MGC	9:00	Cards
	9:30	Yoga for Seniors
	1:00	Mah Jongg
	2:00	Seated Tai Chi
		<i>United Methodist Church</i>
Jan. 10 & 24	1-2	Caregiver Support Group For info call 443-9747
Jan. 17	12-1:30	Caregiver Support Group

### Fridays

MGC	9:30	Cards & Games
	2:00	Scrabble Group
		<i>United Methodist Church</i>
Jan. 25	7:30	Fortuna Camera Club
<i>Fortuna</i>	9:00	Hiking Call 725-7953
	9:00	Biking Call 725-1229

### Saturday

MGC		
Jan. 19	11:00	Speaker

### Sunday

MGC	3:00	Qigong Class
Jan. 20	5:00	Bingo

## Fortuna Senior Dining Center An HSRC Senior Dining Center at

**Mountain View Village**  
**2130 Smith Lane • Call Launa at 725-6245**  
**Lunch: Tuesday-Friday at 12:00 p.m.**

**Closed Tuesday, Jan. 1**

<b>Tuesdays</b>	12	Lunch
<b>Wednesdays</b>		Bingo 5-8 pm
Jan. 2	10:30	Music with Bill, Corena & John
<b>Thursdays</b>		
Jan. 10 & 24	12-2	Caregiver Support Group United Methodist Church, Fireplace Room 922 N Street <i>For info call 443-9747</i>
Jan. 17	12-1:30	Caregiver Support Group United Methodist Church, Fireplace Room 922 N Street <i>For info call 443-9747</i>
<b>Fridays</b>	12	Lunch
Jan. 25	12	Birthday Lunch

## Rio Dell Southern Baptist Church 100 Butcher Street

**M,W,F** 11:30 to 12:30 Senior Exercise Class