

February 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

Mondays

	8:30-9:30	Tai Chi
	9-12	Computers* <i>(*Call for availability)</i>
	10:30	Walking Group at Hiller Park
	1-4	Party Bridge
	1-4	Cribbage
Feb. 25	11	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
	1:00-2:00	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
Feb. 6	10-11	Genealogy
Feb. 6 & 20	3-5	Caregiver Support Group Timber Ridge at McKinleyville Private Dining Room, 1400 Nursery Way. <i>For info call 443-9747</i>
Feb. 27	12:00	Monthly Luncheon French Dip w/Cole Slaw & Steamed Broccoli
Feb. 20	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
Feb. 7	11-11:30	Chicken soup & 1/2 sand., \$3
Feb. 14	11-11:30	Stuffed Pepper, Garlic Bread & Jello Salad \$3
Feb. 21	11-11:30	Kale Soup w/Fresh Fruit Salad \$3
Feb. 28	11-11:30	Pot Roast w/Potatoes, Carrots & Gravy \$3

Fridays

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

Arcata Community Center An HSRC Senior Dining Center

321 Dr. Martin Luther King Jr. Parkway
Lunch: Tuesday-Friday at 11:30 a.m.
 Call Vanessa at 825-2027

**Closed Monday, February 18, 2019,
for Presidents' Day**

Mondays

Feb. 11 & 25	11-12	Silver Quills Writing Group
Feb. 18	CLOSED	Presidents' Day

Tuesdays

	9-11	Katie's Krafters
	10-11	Senior Pool Hour-HealthSport \$5 fee <i>(prior registration required)</i>
	11	Bread distribution
	11:15-12:30	Lunch
	12:30-2	Bead Jewelry Class
Feb. 5	10-11	Blood Pressure Check w/Paula
Feb. 5	11:15-12:30	Lunch – Chinese New Year
Feb. 5 & 19	10-11	Caregiver Support Group Mad River Community Hosp. Minkler Education Room 3800 Janes Road, Arcata <i>For info call 443-9747</i>
Feb. 26	2	Arcata Marsh Slow Walk

Wednesdays

	10-11	Chi Gong-RSVP 443-8347
	11	Bread distribution
	11:15-12:15	Tai Chi with Kathy-Advanced
	11:30-12:15	Lunch

Thursdays

	9-10	Tai Chi w/Tim (<i>\$3 donation</i>)
	9-11	Katie's Krafters
	10-11	Senior Swim Hour-HealthSport \$5 fee <i>(prior registration required)</i>
	11:30-12:15	Lunch
	12:15-1:15	Learn Tech with Brett
Feb. 7	10:30-11:30	PJ's Musical Group
Feb. 14	10-11	Site Council
Feb. 14	11-12:15	CalFresh Sign-up assistance
Feb. 14	11:15-12:30	Valentine Party
Feb. 21	10:15-11:15	Swing 'n' Sway Trio
Feb. 21	10:30-11:30	Commodities Distribution

Fridays

	10-11:30	Ping Pong with Pete
	11:30-12:15	Lunch
Feb. 1	11:15-12:30	Lunch – Super Bowl Party
Feb. 8	10:30-11:30	Piano with John Humphrey
Feb. 15	10:15-11:15	Sing-A-Long w/the Half Notes
Feb. 22	11:30-12:15	Birthday Celebration & Piano with John Humphrey

February SENIOR CENTER ACTIVITIES

Fortuna Senior Center

A Membership Organization
MGC is at 2280 Newburg Road
fortunasenior.org
admin@fortunasenior.org • 726-9203

Mondays

Fortuna-River Walk

8:30 Walking
 MGC 9:00 Tai Chi
 11:00 Line Dancing
 Feb. 4 1:45 Book Club
 3:30 Ukulele Group
 5:00 SAIL Class

United Methodist Church

9:00 PE for Seniors
 10:30 PE for Seniors-Beginners

Tuesdays

Rohner Park 8:30 Walking
 MGC 1:30 Senior Stitches
 2:00 Seated Tai Chi
 3:00 Recorder Group

Wednesdays

Fortuna-River Walk

8:30 Walking
 Feb. 6 12:00 Senior Lunch Bunch
Call Chris 725-2020 or Carol 725-2931

MGC 1:00 Tai Chi
 5:00 SAIL Exercise

United Methodist Church

9:00 PE for Seniors
 10:30 PE for Seniors-Beginners

Thursdays

Rohner Park 8:30 Walking
 3:00 Bocce Ball
 MGC 9:00 Cards
 9:30 Yoga for Seniors
 1:00 Mah Jongg
 2:00 Seated Tai Chi

United Methodist Church

Feb. 14 & 28 1-2 Caregiver Support Group
 For info call 443-9747
 Feb. 21 12-1:30 Caregiver Support Group

Fridays

MGC 9:30 Cards & Games
 2:00 Scrabble Group

United Methodist Church

Feb. 22 7:30 Fortuna Camera Club
 Fortuna 9:00 Hiking (Call 725-7953)
 9:00 Biking (Call 725-1229)

Saturday

MGC
 Feb. 16 11:00 Speaker

Sunday

MGC 3:00 Qigong Class
 Feb. 17 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.

Tuesdays 12 Lunch

Wednesdays 5-8 Bingo
 Feb. 6 10:30 Music with Bill, Corena & John

Thursdays

Feb. 14 12 Valentine's Day Lunch
 Feb. 14 & 28 12-2 Caregiver Support Group
 United Methodist Church,
 Fireplace Room
 922 N Street
For info call 443-9747

Feb. 21 12-1:30 Caregiver Support Group
 United Methodist Church,
 Fireplace Room
 922 N Street
For info call 443-9747

Fridays 12 Lunch

Feb. 22 12 Birthday Lunch

Rio Dell Southern Baptist Church 100 Butcher Street

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