



Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 INTERNATIONAL JOKE DAY!</p> <p>8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B)</p> <p>9:30AM - 11:00 Off Key Singers (SC)</p> <p>11:30AM - 12:30* Senior Lunch Program (Multi A)</p> <p>12:00PM - 3:00* Bridge Group (Multi B)</p> <p>12:30 - 1:30* Wheel of Fortune (Multi A)</p> <p>2:00 - 2:50* \$ Chair Yoga (Multi A)</p>	<p>2</p> <p>8:30 - 9:30* \$ Walk and Talk</p> <p>9:00 - 10:00* \$ Yoga for Healthy Living (Multi A & B)</p> <p>9:00AM - 4:00 ** HICAP (Conf)</p> <p>11:00AM - 2:00 Mah Jongg (American) (SC)</p> <p>11:30AM - 12:30* Senior Lunch Program (Multi A)</p> <p>12:00PM - 4:00* Pinochle (SC)</p> <p>2:00PM - 3:00 Golden Gamers (SC) Come learn a new game!</p>	<p>3</p> <p>8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B)</p> <p>9:30AM - 11:30* \$ Memoir Writing (Conf)</p> <p>10:30AM - 11:15* \$ Zumba Gold (Multi A & B)</p> <p>1:00PM - 2:00 Bingo (Multi A)</p> <p>2:00PM - 2:50* \$ Chair Yoga (Multi B)</p>	<p>4</p> <p>Closed for Independence Day</p> 	<p>5</p> <p>8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B)</p> <p>10:00AM - 12:00* -Crafty Friday (SC)</p> <p>10:30AM - 11:30 Grief Support Group (Multi B)</p>
<p>8</p> <p>8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B)</p> <p>9:30AM - 11:00 Off Key Singers (SC)</p> <p>11:30AM - 12:30 * Senior Lunch Program (Multi A)</p> <p>12:30 - 1:30* Golden Gamers (SC)</p> <p>2:00PM - 2:50* \$ Chair Yoga (Multi B)</p>	<p>9</p> <p>8:30AM - 9:30* \$ Walk and Talk</p> <p>9:00AM - 10:00* \$ Yoga for Healthy Living (Multi A & B)</p> <p>10:30AM - 11:30 CalFresh Healthy Living: Cooking Matters (Multi B)</p> <p>11:00AM - 2:00 Mah Jongg (American) (SC)</p> <p>11:30AM - 12:30* Senior Lunch Program (Multi A)</p> <p>12:00PM - 4:00* Pinochle (SC)</p> <p>2:00PM - 3:00 Golden Gamers (SC) Come learn a new game!</p>	<p>10</p> <p>8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B)</p> <p>9:30AM - 11:30* \$ Memoir Writing (Conf)</p> <p>10:00AM - 12:00 Wii Bowling Tournament (SC)</p> <p>10:30AM - 11:15 * \$ Zumba Gold (Multi A & B)</p> <p>1:00PM - 2:00 Bingo (Multi A)</p> <p>2:00PM - 2:50* \$ Chair Yoga (Multi B)</p>	<p>11</p> <p>8:30AM - 9:30* \$ Walk and Talk</p> <p>9:00AM - 10:00 * \$ Yoga for Healthy Living (Multi A & B)</p> <p>10:30AM - 11:30 CalFresh Healthy Living: Cooking Matters (Multi B)</p> <p>11:30AM - 12:30* Senior Lunch Program (Multi A)</p> <p>12:00PM - 4:00* Pinochle (SC)</p> <p>1:30PM - 2:30* Better Balance (Multi A & B)</p>	<p>12</p> <p>8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B)</p> <p>10:00AM - 11:30 Alzheimer's Support Group (Multi B)</p> <p>10:00AM - 12:00* Crafty Friday (SC)</p>
<p>15 NATIONAL GIVE SOMETHING AWAY DAY!</p> <p>8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B)</p> <p>9:30AM - 11:00 Off Key Singers (SC)</p> <p>11:30AM - 12:30* Senior Lunch Program (Multi A)</p> <p>12:00PM - 3:00* Bridge Group (Multi B)</p> <p>12:30PM - 1:30* Golden Gamers (SC)</p> <p>2:00PM - 2:50* \$ Chair Yoga (Multi A)</p>	<p>16</p> <p>8:30AM - 9:30* \$ Walk and Talk</p> <p>9:00AM - 10:00* \$ Yoga for Healthy Living (Multi A & B)</p> <p>9:00AM - 4:00 ** HICAP (Conf)</p> <p>10:30AM - 11:30 CalFresh Healthy Living: Cooking Matters (Multi B)</p> <p>11:00AM - 2:00 Mah Jongg (American) (SC)</p> <p>11:30AM - 12:30 * Senior Lunch Program (Multi A)</p> <p>12:00PM - 4:00 - * Pinochle (SC)</p> <p>2:00PM - 3:00 - Golden Gamers (SC) Come learn a new game!</p>	<p>17</p> <p>8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B)</p> <p>9:30AM - 11:30* \$ Memoir Writing (Conf)</p> <p>10:30AM - 11:15* \$ Zumba Gold (Multi A & B)</p> <p>1:00PM - 2:00 Bingo (Multi A)</p> <p>2:00PM - 2:50* \$ Chair Yoga (Multi B)</p>	<p>18</p> <p>8:30AM - 9:30* \$ Walk and Talk</p> <p>9:00AM - 10:00* \$ Yoga for Healthy Living (Multi A & B)</p> <p>10:30AM - 11:30 CalFresh Healthy Living: Cooking Matters (Multi B)</p> <p>11:30AM - 12:30* Senior Lunch Program (Multi A)</p> <p>12:00PM - 4:00* Pinochle (SC)</p> <p>1:30PM - 2:30* Better Balance (Multi A & B)</p>	<p>19</p> <p>8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B)</p> <p>10:00AM - 12:00* Crafty Friday (SC)</p> <p>10:30 - 11:30 Grief Support Group (Multi B)</p> <p>1:00 PM - 3:00* Friday Flicks (Multi B)</p>

<p>22 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B) 9:30AM - 11:00 Off Key Singers (SC) 10:30AM - 12:00 Parkinson's Support Group (Multi B) 11:30AM - 12:30* Senior Lunch Program (Multi A) 12:30 PM – 1:30* Jeopardy (Multi A) 2:00PM - 2:50* \$ Chair Yoga (Multi B)</p>	<p>23 8:30AM - 9:30* \$ Walk and Talk 9:00AM - 10:00* \$ Yoga for Healthy Living (Multi A & B) 11:00AM - 2:00 Mah Jongg (American) (SC) 11:30AM - 12:30* Senior Lunch Program (Multi A) 12:00PM - 4:00* Pinochle (SC) 2:00PM – 3:00 Golden Gamers (SC) Come learn a new game!</p>	<p>24 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B) 9:30AM - 11:30* \$ Memoir Writing (Conf) 10:30AM - 11:15* \$ Zumba Gold (Multi A & B) 1:00PM - 2:00PM - Bingo (Multi A) 2:00PM - 2:50* \$ Chair Yoga (Multi B)</p>	<p>25 8:30AM - 9:30* \$ Walk and Talk 9:00AM - 10:00* \$ Yoga for Healthy Living (Multi A & B) 11:30AM - 12:30* Senior Lunch Program (Multi A) 12:00PM - 4:00* Pinochle (SC) 1:30PM – 2:30* Better Balance (Multi A & B)</p>	<p>26 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B) 10:00AM - 12:00* Crafty Friday (SC) 12:30PM - 1:30* Gab & Grub Ice Cream Social - Come celebrate birthdays with snacks, get to know one another and find out what's going on in the Senior Center. (Multi A)</p>
<p>29 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B) 9:30AM - 11:00 Off Key Singers (SC) 12:00PM – 3:00 Bridge Group (Multi B) 11:30AM - 12:30* Senior Lunch Program (Multi A) 12:30PM - 1:30* Golden Gamers (SC) 2:00PM - 2:50* \$ Chair Yoga (Multi B)</p>	<p>30 9:00AM - 10:00* \$ Walk and Talk 9:00AM - 10:00* \$ Yoga for Healthy Living (Multi A & B) 9:00AM - 4:00 ** HICAP (Conf) 11:00AM - 2:00 Mah Jongg (American) (SC) 11:30AM - 12:30* Senior Lunch Program (Multi A) 12:00PM - 4:00* Pinochle (SC) 2:00PM – 3:00 Golden Gamers (SC) Come learn a new game!</p>	<p>31 8:40AM - 9:40* \$ Functional Fitness Training (Multi A & B) 9:30AM - 11:30* \$ Memoir Writing (Conf) 10:30AM - 11:15A* \$ Zumba Gold (Multi A & B) 1:00PM - 2:00 Bingo (Multi A) 2:00PM - 2:50* \$ Chair Yoga (Multi B)</p>		

*** Please register in advance if you see an asterisk ***
If ORANGE, sign up in the Senior Center!

KEY:
Fee Based - In Green with \$
Workshop - In Blue
Presentation - In Purple
Support Group or Service- In Red

Multipurpose Room A - (Multi A)
Multipurpose Room B - (Multi B)
Senior Center - (SC)
Conference Room - (Conf)

CONTACT INFO:
Folsom Senior & Arts Center:
48 Natoma St. Folsom - (916) 461-6601
Dana, Judi & Rachael - Senior Center Attendants folsomseniorcenter@folsom.ca.us
Nadia - Recreation Coordinator: (916) 461-6685 or nroberts@folsom.ca.us

NOTES:
****HICAP** Services are Tuesdays by appointment only, call this number to schedule an appointment: (916) 376-8915.
***Walk and Talk** is held at various Folsom locations, schedule is included with registration.
***Bridge Group or the Pinochle Group** - Please see a Senior Center Attendant for more info or to sign up.
***Senior Lunch Program** – Please see a Senior Center Attendant or the front desk for an intake form, or call (916) 461- 6685 with any questions you may have.

Please note that activities are subject to change with little notice.

JULY 2024