

# MAY ACTIVITIES

## Senior Services

### GRANITE REEF SENIOR CENTER ACTIVITY LIST

Activity	Time	Location
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#### MONDAY:

Open Cards	8 a.m. - 5 p.m.	Room 5
Open Arts & Crafts	9 a.m. - Noon	Room 6
Beginning Strummers	1 - 2 p.m.	Room 10
Mah Jong	10:30 a.m. - 2:30 p.m.	Room 11
Monday Bridge	12:45 - 4 p.m.	Room 1

#### TUESDAY:

Open Cards	8 a.m. - 5 p.m.	Room 5
Friendship Discussion Group	10 - 11 a.m.	Room 8
Chair Exercises	10 - 11 a.m.	Room 1
Duplicate Bridge	12:45 - 4 p.m.	Room 1

#### WEDNESDAY:

Open Cards	8 a.m. - 5 p.m.	Room 5
Open Arts	9 a.m. - Noon	Room 6
Current Events Discussion Group	10:30 a.m. - Noon	Room 8
Pinochle	Noon - 5 p.m.	Room 11
Prickly Pear Duplicate Bridge	1 - 4 p.m.	Room 1
Table Tennis <b>\$2 drop-in</b>	1 - 4 p.m.	Room 2

#### THURSDAY:

Open Cards	8 a.m. - 5 p.m.	Room 5
Double Deck Pinochle	10 a.m. - 3 p.m.	Room 12
Chair Exercises	10 - 11 a.m.	Room 1

Activity	Time	Location
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#### THURSDAY:

Open Chess	11 a.m. - 3 p.m.	Room 5
Blood Pressure Check		
<b>2nd &amp; 4th Thurs</b>	11:15 a.m. - 1:15 p.m.	
Canasta Newcomers	Noon - 4 p.m.	Room 10
Current Events Discussion Group	Noon - 2 p.m.	Room 8
Canasta	Noon - 5 p.m.	Room 11
Ballroom Dance <b>\$8 Fee</b>		
<b>2nd &amp; 4th Thurs</b>	Noon - 2:30 p.m.	Room 2
Open Art	1 - 4p.m.	Room 6
Tremble Clefs	3 - 5 p.m.	Room 2
Senior Karaoke		
<b>2nd &amp; 4th Thurs</b>	2 - 5 p.m.	Room 1

#### FRIDAY:

Open Cards	8 a.m. - 5 p.m.	Room 5
Bingo	9:30 - 11 a.m.	Room 1
Scottsdale Strummers	10 a.m. - Noon	Room 8
International Mah Jong	Noon - 5 p.m.	Room 11
Friday Bridge	12:45 - 4p.m.	Room 1
Line Dancing	11:30 a.m. - 12:30 p.m.	Room 2
Scrabble	Noon - 5 p.m.	Room 12
Matinee Movie	1 - 3 p.m.	Room 8

#### SATURDAY:

Open Cards	8 a.m. - Noon	Room 11
Table Tennis <b>\$2 drop-in</b>	8 a.m. - Noon	Room 5
Fitness Center <b>\$3 drop-in</b>	8 a.m. - Noon	Fitness Center

### GRANITE REEF SENIOR CENTER SUPPORT GROUPS

Support Group	Time	Location
Alzheimer's Support Group	1st Monday   1:30 p.m.	GRSC
Hospice of the Valley - Grief and Loss	1st and 3rd Tuesday   1 p.m.	GRSC
Scottsdale Amputee Support Group	2nd Wednesday   6-7:55 p.m.	GRSC
Tremble Clefs ( <i>Parkinson's Support</i> )	Thursdays   3 p.m.	GRSC



## Granite Reef Senior Center

1700 N. Granite Reef Rd | Scottsdale | 480-312-1700

# MAY ACTIVITIES

## Senior Services

### VIA LINDA SENIOR CENTER ACTIVITY LIST

#### Activity Time Location

##### MONDAY:

Open Cards & Games	8 a.m. - 5 p.m.	Room 6
Drop in Chair Yoga (Mar - July)	3:30 - 4:30 p.m.	Room 4
Hand, Knee, Foot & Samba	9 a.m. - 1 p.m.	Room 5
Open Knitting/Crocheting	1 - 3 p.m.	Room 7
Mexican Train Dominoes	1 - 4 p.m.	Room 8

##### TUESDAY:

Walking Club <i>Oct-May</i>	8 - 9 a.m.	Main Entrance
Blood Pressure Screening	10 a.m. - Noon	Lobby
Mindful Art <i>2nd &amp; 4th Tues</i> (Memory Support Program)	10 - 11:30 a.m.	Room 7
Congregate Meals <b>\$4.00 fee</b>	11 a.m. - 12:30 p.m.	Room 6
Fast Play Bridge Intermediate	Noon - 3:30 p.m.	Room 7
Drop in Chair Yoga <b>\$10.00 fee</b> (Jan - July)	12 - 1 p.m.	Room 4
Open Cards & Games	1 - 5 p.m.	Room 6
What's On your Mind <i>2nd &amp; 4th Tues</i>	1:30 - 3 p.m.	Room 8
Men's Discussion	2 - 3:30 p.m.	Room 5
Table Tennis <b>\$2.00 fee</b>	3:30 - 7:30 p.m.	Room 1, 2, 3

##### WEDNESDAY:

Open Cards & Games	8 a.m. - 5 p.m.	Room 6
Rummikub	10 a.m. - 1 p.m.	Room 5

#### Activity Time Location

##### WEDNESDAY:

Blood Pressure Screener	10:30 a.m. - Noon	Lobby
Sanctioned Duplicate Bridge <b>\$7.00 fee</b>	12:30 - 4 p.m.	Room 123
Open Art & Crafts	12:30 - 4:30 p.m.	Room 8
Current Events Discussion	2 - 3:30 p.m.	Room 4
Flying Needles <i>2nd Wed</i> Knitting/Sewing/Crocheting	4 - 8 p.m.	Room 7

##### THURSDAY:

Book Discussion <i>2nd Thurs (Sep-Jun)</i>	10 - 11:30 a.m.	Room 5
Tech Time With Mark <i>2nd Thurs</i>	9 - 11 a.m.	Room 6
Congregate Meals <b>\$4.00 fee</b>	11 a.m. - 12:30 p.m.	Room 6
Speedy Bridge Intermediate	12 - 3:30 p.m.	Room 7
Mah Jongg	1 - 4 p.m.	Room 8
Open Cards & Games	1 - 5 p.m.	Room 6

##### FRIDAY:

Open Cards & Games	8 - 11:45 a.m.	Room 6
Matinee Movie	1 - 4 p.m.	Room 5
Table Tennis <b>\$2.00 fee</b>	1 - 4:30 p.m.	Room 1, 2, 3

##### SATURDAY:

Open Cards	8 - 11:45 a.m.	Room 6
Tech Tutors <i>3rd Sat</i>	9 - 11 a.m.	Room 7

### VIA LINDA SENIOR CENTER SUPPORT GROUPS

Support Group	Time	Location
Duet Caregiver's Support Group	1st and 3rd Thursday   10 a.m.	VLSC
Low Vision Support Group	2nd Wednesday   10:30 a.m.	VLSC
Mended Hearts	2nd Tuesday   6 p.m.	VLSC
Multiple Sclerosis	2nd Tuesday   4:30 p.m.	VLSC



Via Linda Senior Center

10440 E. Via Linda | Scottsdale | 480-312-5810

SCOTTSDALE  
**HUMAN SERVICES**