

MARCH EVENTS

Senior Services

VIA LINDA SENIOR CENTER ACTIVITY LIST

Activity

Time

Location

MONDAY:

Open Cards & Games	8 a.m. - 5 p.m.	Room 6
Hand, Knee, Foot & Samba	9 a.m. - 1 p.m.	Room 5
Blood Pressure Screening*	Noon - 2 p.m.	Lobby
Open Knitting/Crocheting	1 - 3 p.m.	Room 7
Mexican Train Dominoes *	1 - 4 p.m.	Room 8

TUESDAY:

Walking Club* Oct-May	8 - 9 a.m.	Main Entrance
Blood Pressure Screening*	10 a.m. - Noon	Lobby
Mindful Art 2nd & 4th Tues (Memory Support Program)	10 - 11:30 a.m.	Room 7
Congregate Meals \$4.00 fee	11 a.m. - 12:30 p.m.	Room 6
Fast Play Bridge Intermediate*	Noon - 3:30 p.m.	Room 7
Drop in Chair Yoga \$10.00 fee (Jan 16-Mar 26)	12:25 - 1:25 p.m.	Room 4
Open Cards & Games	1 - 5 p.m.	Room 6
What's On your Mind* 2nd & 4th Tues	1:30 - 3 p.m.	Room 8
Men's Discussion*	2 - 3:30 p.m.	Room 5
Table Tennis \$2.00 fee	3:30 - 7:30 p.m.	Room 1, 2, 3

WEDNESDAY:

Open Cards & Games	8 a.m. - 5 p.m.	Room 6
Nature Birding Walks*	7 - 8 a.m.	Signup at the front desk

Activity

Time

Location

WEDNESDAY:

Rummikub*	10 a.m. - 1 p.m.	Room 5
Blood Pressure Screener*	10:30 a.m. - Noon	Lobby
Sanctioned Duplicate Bridge \$7.00 fee	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* 2nd Wed Knitting/Sewing/Crocheting	4 - 8 p.m.	Room 7

THURSDAY:

Book Discussion * 2nd Thurs (Sep-Jun)	10 - 11:30 a.m.	Room 5
Tech Time With Mark* 2nd Thurs	9 - 11a.m.	Room 6
Congregate Meals \$4.00 fee	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 a.m. - 4:30 p.m.	Room 6
Matinee Movie	1 - 4 p.m.	Room 5
Table Tennis \$2.00 fee	1 - 4:30 p.m.	Room 1, 2, 3

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