

# JULY ACTIVITIES

## Senior Services

### GRANITE REEF SENIOR CENTER ACTIVITY LIST

#### Activity

#### Time

#### Location

#### Activity

#### Time

#### Location

#### MONDAY:

|                    |                        |         |
|--------------------|------------------------|---------|
| Open Cards & Games | 8 a.m. - 5 p.m.        | Room 5  |
| Open Arts & Crafts | 9 a.m. - noon          | Room 6  |
| Mah Jong           | 10:30 a.m. - 2:30 p.m. | Room 11 |
| Monday Bridge      | 12:45 - 4 p.m.         | Room 1  |
| Easy Ukulele Music | 1 - 2 p.m.             | Room 8  |
| Rummikub           | 1 - 3 p.m.             | Room 9  |
| Table Tennis       | 3 - 7 p.m.             | Room 2  |

#### TUESDAY:

|                                 |                 |         |
|---------------------------------|-----------------|---------|
| Open Cards & Games              | 8 a.m. - 5 p.m. | Room 12 |
| Friendship Discussion Group     | 10 - 11 a.m.    | Room 8  |
| Chair Exercises                 | 10 - 11 a.m.    | Room 1  |
| Backgammon                      | 10 - noon       | Room 10 |
| Duplicate Bridge                | 12:45 - 4 p.m.  | Room 1  |
| Karaoke <i>1st and 3rd Tues</i> | 1-5 p.m.        | Room 8  |

#### WEDNESDAY:

|                    |                   |         |
|--------------------|-------------------|---------|
| Open Cards & Games | 8 a.m. - 5 p.m.   | Room 5  |
| Bagels & Banter    | 9-10 a.m.         | Room 1  |
| Open Arts          | 9 a.m. - noon     | Room 6  |
| Current Events     |                   |         |
| Chair Exercises    | 10 - 11 a.m.      | Room 1  |
| 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       | 1 - 4 p.m.        | Room 2  |

#### THURSDAY:

|                            |                  |         |
|----------------------------|------------------|---------|
| Double Deck Pinochle       | 10 a.m. - 3 p.m. | Room 12 |
| Chair Exercises            | 10 - 11 a.m.     | Room 1  |
| Open Chess                 | 11 a.m. - 3 p.m. | Room 5  |
| Canasta Newcomers          | 11 - 4 p.m.      | Room 10 |
| Current Events             |                  |         |
| Discussion Group           | Noon - 2 p.m.    | Room 8  |
| Canasta                    | Noon - 5 p.m.    | Room 11 |
| Open Art                   | 1 - 4 p.m.       | Room 6  |
| Open Cards & Games         | 1 - 5 p.m.       | Room 9  |
| Tremble Clefs              | 3 - 5 p.m.       | Room 2  |
| Senior Karaoke             |                  |         |
| <i>2nd &amp; 4th Thurs</i> | 2 - 5 p.m.       | Room 1  |

#### FRIDAY:

|                      |                         |         |
|----------------------|-------------------------|---------|
| Open Cards & Games   | 8 a.m. - 5 p.m.         | Room 5  |
| Bingo                | 9 - 11 a.m.             | Room 1  |
| Scottsdale Strummers | 9:30 a.m.-12 p.m.       | Room 8  |
| Mah-Jongg            | Noon - 5 p.m.           | Room 11 |
| Friday Bridge        | 12:45 - 4 p.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 & Games | 8 a.m. - noon | Room 11        |
| 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   1:30 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

