

# DAILY 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
Musical Memory Care		
<b>1st &amp; 3rd Mon</b>	10 - 11 a.m.	Room 1
Blood Pressure Checks	10 - 11:30 a.m.	Lobby
Mah Jong	10 a.m. - 3 p.m.	Room 12
Monday Bridge	12:45 - 4 p.m.	Room 1
Mah Jong	10:30 a.m. - 2:30 p.m.	Room 11
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 5
Friendship Discussion	10 - 11 a.m.	Room 10
Chair Exercises	10 - 11 a.m.	Room 1
Tech Time	11 a.m. - noon	Room 8
<b>2nd &amp; 4th Tues</b>		
Duplicate Bridge	12:45 - 4 p.m.	Room 1
Karaoke <b>1st and 3rd Tues</b>	1-5 p.m.	Room 8
Mexican Train Dominos	1-5 p.m.	Room 11

#### WEDNESDAY:

Open Cards & Games	8 a.m. - 5 p.m.	Room 5
Bagels & Banter	9 - 10 a.m.	Room 1
Memory Lounge <b>Monthly</b>	10 - 11:30 a.m.	Room 6
Current Events	10:30 a.m. - noon	Room 8
Chair Exercises	10 - 11 a.m.	Room 1
Pinochle	Noon - 5 p.m.	Room 11
Duplicate Bridge	1 - 4 p.m.	Room 1
Open Arts	1 - 4 p.m.	Room 6
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 9
Canasta Newcomers	11 - 4 p.m.	Room 10
Current Events	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 5
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 & 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
Line Dancing	11:30 a.m.-12:30 p.m.	Room 2
Mah-Jongg	Noon - 5 p.m.	Room 11
Friday Bridge	12:45 - 4 p.m.	Room 1
Scrabble	Noon - 5 p.m.	Room 12
Matinee Movie	1 - 3 p.m.	Room 8

#### SATURDAY:

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
Amputee Support	2nd Wednesday   2 - 3 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

[ScottsdaleAZ.gov/seniors](http://ScottsdaleAZ.gov/seniors)



SCOTTSDALE

**HUMAN SERVICES**