

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		
1st & 3rd Mon	10 - 11 a.m.	Room 1
Blood Pressure Checks	10 - 11:30 a.m.	Lobby
Mah Jong (American)	10 a.m. - 3 p.m.	Room 12
Monday Bridge	12:45 - 4 p.m.	Room 1
Mah Jong (American)	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
2nd & 4th Tues		
Duplicate Bridge	12:45 - 4 p.m.	Room 1
Karaoke 1st and 3rd Tues	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 Monthly	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 9
Chair Exercises	10 - 11 a.m.	Room 1
Open Chess	11 a.m. - 3 p.m.	Room 12
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		
2nd & 4th Thurs	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 (International)	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		
\$3 drop-in	8 a.m. - noon	Fitness Center

GRANITE REEF SENIOR CENTER SUPPORT GROUPS

Support Group

Time

Location

Alzheimer's Support Group	1st Monday 1 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



SCOTTSDALE

HUMAN SERVICES