

DAILY ACTIVITIES

Senior Services

VIA LINDA SENIOR CENTER ACTIVITY LIST

Activity Time Location

MONDAY:

Open Cards & Games	8 a.m. - 5 p.m.	Room 6
Samba (Variation Canasta)	9 a.m. - 1 p.m.	Room 5
Chair Yoga \$10 fee	Noon - 1 p.m.	Room 4
Open Knitting/Crocheting	1:30 - 3:30 p.m.	Room 5
Mexican Train Dominoes	1 - 4 p.m.	Room 8

TUESDAY:

Mindful Art	10 - 11:30 a.m.	Room 7
Congregate Meals	11 a.m. - 12:30 p.m.	Room 6
\$4 fee		
Chair Yoga \$10 fee	Noon - 1 p.m.	Room 4
Fast Play Bridge		
Intermediate	Noon - 3:30 p.m.	Room 7
Open Cards & Games	1 - 5 p.m.	Room 6
What's On your Mind	1:30 - 3 p.m.	Room 8
2nd & 4th Tues		
Men's Discussion	2 - 3:30 p.m.	Room 5
Table Tennis	3:30 - 7:30 p.m.	Room 1, 2, 3

WEDNESDAY:

Rummikub	10 a.m. - 1 p.m.	Room 7
Congregate Meals	11 a.m. - 12:30 p.m.	Room 6
\$4 fee		
Blood Pressure Checks	Noon - 2 p.m.	Lobby
Blue Grass Jam Session	Noon - 2 p.m.	Room 5
Open Knitting	1:15 - 3:15 p.m.	Room 8

Activity Time Location

WEDNESDAY:

Sanction Duplicate Bridge	12:30 - 4 p.m.	Room 1, 2, 3
\$8 fee		
Open Cards & Games	1 - 5 p.m.	Room 6
Current Events Discussion	2 - 3:30 p.m.	Room 4

THURSDAY:

Book Discussion	10 - 11:30 a.m.	Room 5
2nd Thurs (Sep-Jun)		
Tech Time With Mark	9 - 11 a.m.	Room 6
2nd Thurs		
Congregate Meals	11 a.m. - 12:30 p.m.	Room 6
\$4 fee		
Fast Play Bridge		
Intermediate	Noon - 3:30 p.m.	Room 7
Mah Jongg	1 - 4 p.m.	Room 8
Open Cards & Games	1 - 5 p.m.	Room 6
Flying Needles 2nd Thurs	4 - 8 p.m.	Room 7
Knitting/Sewing/Crocheting		

FRIDAY:

Open Cards & Games	8 - 4:45 p.m.	Room 6
American Canasta	1 - 3 p.m.	Room 7
Matinee Movie	1 - 4 p.m.	Room 5

SATURDAY:

Open Cards	8 - 11:45 a.m.	Room 6
Tech Tutors 3rd Sat	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 9:30 a.m.	VLSC
Low Vision Support Group	2nd Wednesday 10 a.m.	VLSC
Mended Hearts	2nd Tuesday 6 p.m.	VLSC
Multiple Sclerosis	2nd Tuesday 4:30 p.m.	VLSC



Via Linda Senior Center

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ScottsdaleAZ.gov/seniors



SCOTTSDALE

HUMAN SERVICES