

# 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 <b>\$10 fee</b>	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
<b>\$4 fee</b>		
Chair Yoga <b>\$10 fee</b>	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
<b>2nd &amp; 4th Tues</b>		
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
<b>\$4 fee</b>		
Blood Pressure Checks	Noon - 2 p.m.	Lobby
Blue Grass Jam Session	Noon - 2 p.m.	Room 5
Open Knitting/Crocheting	1:15 - 3:15 p.m.	Room 7

#### Activity

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#### WEDNESDAY:

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

#### FRIDAY:

Open Cards & Games	8 - 4:45 p.m.	Room 6
American Canasta	1 - 3:30 p.m.	Room 7
Matinee Movie	1 - 4 p.m.	Room 5
Table Tennis	1 - 4:30 p.m.	Room 1, 2, 3

#### SATURDAY:

Open Cards & Games	8 - 11:45 a.m.	Room 6
Tech Tutors <b>3rd Sat</b>	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](http://ScottsdaleAZ.gov/seniors)



SCOTTSDALE

**HUMAN SERVICES**