

## Activities

### Lunch Served Daily

Monday-Friday: 11:15am-12:30pm

### MAP - Medicare Counseling

Monday-Tuesday: 10am-2pm

Wednesday: 10am-12pm

### Texas Hold 'Em

Monday-Friday: 8am-10am

### Stretch & Tone Exercise

Monday, Wednesday, and Friday:  
9am-10am

### Bingo

Monday, Wednesday, and Friday:  
12pm-1:30pm

### Catholic Charities Benefit

### Enrollment

Wednesday 10am-12pm

### Bean Bag Baseball

Tuesday & Friday: 1:30pm-4pm

### Ukulele Group

Monday: 2pm-4pm

### Crochet Club

Tuesday: 9am-11am

### Grumpy Old Men -Big Band Live

Wednesday: 10:15am-11:30am

### Scrabble

Wednesday: 10am-1pm

### Mahjong

Thursday: 12pm-3pm

### Line Dancing and Lessons

Thursday: 1pm-3:30pm

### Jus' Right -Hawaiian Music Live

### Band

Friday: 10am-12pm



HUMAN SERVICES  
AGENCY

# OCTOBER 2024

## Washoe County Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		Senior Advisory Board Meeting 3pm-Game Room		Senior Coalition Meeting 8:30am
7	8	9	10	11
Blood Pressure Clinic 10am-12pm				
14	15	16	17	18
Blood Pressure Clinic 10am-12pm Poetry Workshop 1:00-2:00pm	POA/Estate Planning: 11am-12am Assistance League Food Pantry 8am	Restorative Boxing 12:30pm-1:30pm	FoodBank of Northern NV 8am	Birthday Friday! 
21	22	23	24	25
Blood Pressure Clinic 10am-12pm		Free Haircut Day 10am-1:30pm Leather Crafting 10am-11:30am	Paint & Sip 10am-11:30am	***** CLOSED For Nevada Day *****
28	29	30	31	
Blood Pressure Clinic 10am-12pm AARP Safe Driving TBD 12:00-400pm		Reflections of Lake Tahoe Presentation 12:30-1:30 pm	Halloween Bash!! 	