

# July 2026 Activities

## Sparks Senior Center

97 Richards Way, Sparks, NV 89431 (775) 353-3110

### Ongoing Activities

\*Activities are non-instructional

#### **Bingo**

- Mondays & Wednesdays: 9am-11am

#### **Pinochle**

- Mondays & Fridays: 9am-2pm

#### **3/13 + Poker Cards**

- Tuesdays & Thursdays: 12pm-3pm

#### **Minnesota Cards**

- Tuesdays & Thursdays: 12pm-4pm

#### **Bridge**

- Tuesdays & Thursdays: 9:30am-3pm
- Fridays 9:15am-1:15pm

#### **Mahjong**

- Wednesdays: 12:30pm-3:30pm

#### **Yoga**

- Wednesdays: 3:45pm-5pm

#### **All-Around Painting**

- Fridays: 12pm-4pm

### Individual Activities, Groups, Outreach, and Meetings

#### Wednesday, July 1<sup>st</sup>

##### **Enhanced Boost Fitness Group**

- 1:15pm-2:15pm

#### Thursday, July 2<sup>nd</sup>

##### **ANH/NVCC Site Visit**

- 10am-12pm

#### Monday, July 6<sup>th</sup>

##### **Enhanced Boost Fitness Group**

- 1:15pm-2:15pm

#### Wednesday, July 8<sup>th</sup>

##### **Enhanced Boost Fitness Group**

- 1:15pm-2:15pm

#### Friday, July 10<sup>th</sup>

##### **Ice Cream Friday!**

##### **NV Hopes Blood Pressure Clinic**

- 11am-12:30pm

Monday, July 13<sup>th</sup>

**VA Outreach**

- 10am-1pm

**Enhanced Boost Fitness Group**

- 1:15pm-2:15pm

Wednesday, July 15<sup>th</sup>

**Enhanced Boost Fitness Group**

- 1:15pm-2:15pm

Friday, July 17<sup>th</sup>

**WM Recycling Presentation**

- 1:30pm-2:30pm

Monday, July 20<sup>th</sup>

**Enhanced Boost Fitness Group**

- 1:15pm-2:15pm

Tuesday, July 21<sup>st</sup>

**VA Outreach**

- 10am-1pm

**Enhanced Boost Fitness Group**

- 1:15pm-2:15pm

Wednesday, July 22<sup>nd</sup>

**Enhanced Boost Fitness Group**

- 1:15pm-2:15pm

Thursday, July 23<sup>rd</sup>

**Senior Meeting**

- 10am-11am

Monday, July 27<sup>th</sup>

**VA Outreach**

- 10am-1pm

**Enhanced Boost Fitness Group**

- 1:15pm-2:15pm

Wednesday, July 29<sup>th</sup>

**Enhanced Boost Fitness Group**

- 1:15pm-2:15pm