

# Alamo Senior Center



## Activities

Event: Support Groups	Day	Time	Place
Alzheimer's Support	2nd Tues	6:30 PM	Casa Arena
Cancer Support Group	1st & 3rd Wed	7-8:30 PM-907 New York Ave-434-HOPE	
Cancer Support Group	2nd & 4th Wed	2-3:30 PM-907 New York Ave-434-HOPE	
Spanish Cancer Support Grp	3rd Mon	2-3:30 PM-907 New York Ave-434-HOPE	
COPD Huff n Puff	1st Tues	1:00:PM	Class Room I and II
DAV	1st Mon	6-7:30 PM	Classroom II
Diabetes Support Group	3rd Tues	3:00 PM	GCRMC
Low Vision/Blind Support	2nd Thurs	9-11:00 AM	Conference Room
Event: Activities	Day	Time	Place
Military Ret. Grass Roots	3rd Sat	1-2 PM	Classroom I
NARFE Board	2nd Mon	1:00 PM	Classroom I
Nutrition Council Meeting	2nd Thurs	1:00 PM	Classroom I
Retired Public Employees	2nd Tues	1-3 PM	Classroom II
Event: Activities	Day	Time	Place
AARP Driver Safety Program	3rd Thurs.	9:00-3:00 PM	Class Room I
Art (Open)	Friday	8:00-11:00 AM	Activity Room
Art (Multimedia)	Wednesday	8-11 AM & 1-4 PM	Activity Room
Bingo	Tues & Fri	1:15-3 PM	Dining Room
<b>Birthday Party</b>	<b>Last Wed. of the month @ 9:30-10:30AM</b>		<b>Dining Room</b>
Blood Pressure	3rd Thurs	9-11 AM	Lobby
Bridge Party	Thursday	12:30 PM	Activity Room
Bridge (Beginner)	Wed (back door only)	6-9 PM	Activity Room
Bridge (Duplicate)	Mon & Tues & Fri	12:30-4 PM	Activity Room
Bridge (Duplicate)	1st & 3rd Sun	1:30-4 PM	Activity Room
Chorus	Thursday	10:00 AM	Dining Room
Harmonica	Thursday	9:00 AM	Class Room I
Lapidary	Wed & Fri	9:00 AM -12:00 PM	Lapidary Room
Music	Daily	9:00-11:00 AM	Dining Room
OWL Writing Group	Friday	1:00 PM- 3:00 PM	Classroom I + II
Pinochle	Wed	1-3 PM	Lobby
Pool (Women's League)	Mon & Wed	9:00 AM	Pool Room
Pool Tournament	2nd Tuesday	9:30 AM	Pool Room
Quilting	Thursday	9-11 AM	Activity Room
Senior Golf	Wednesday	8 AM-12 PM	Desert Lakes
Senior Olympics Meeting	Thurs. Jan-Sept	1:00PM	Class Room I & II
Silversmith	Wed & Fri	1-3 PM	Lapidary Room
Woodworking Class	Saturdays	10:00 AM	Senior Center



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## Fitness Activities

Event: Exercise Classes	Day	Time	Place
Aerobics	Tues & Thurs	8:30 AM	Amber Skies Club House
Aerobics	Mon & Wed & Fri	8:45-9:45 AM	Fitness Room II w/ Lucille
Balance/Fall Prevention	Mon & Wed & Fri	10:00-11:00 AM	Fitness Room II w/ Merry
Beginner Line Dancing	Mon & Thurs	1:15-1:45 PM	Fitness Room II w/ Jean
Chair Exercise	Mon & Wed & Fri	9:45-10:00 AM	Fitness Room II w/ Jamie
Circuit Training	Tue & Thurs	2:00 - 2:45 PM	Fitness Center w/ Cindy
Folk Dance (International)	Mon	2:00-3:00 PM	Fitness Room I w/ Jackie
Intermediate Line Dancing	Mon & Thurs	2:00-3:00 PM	Fitness Room II w/ Jean
Jamboree Line Dance Beg.	Tues & Wed & Fri	12:30-1:30 PM	Fitness Room II w/ Bea
Jamboree Line Dance Adv.	Tues & Wed & Fri	1:30-2:45 PM	Fitness Room II w/ Bea
Line Dancing (Beginners)	Tues & Thurs	6:30-7:30 PM	Fitness Room II w/ Iris
Line Dancing (Intermediate)	Tues & Thurs	7:30-8:30 PM	Fitness Room II w/ Iris
Open Swimming	Mon-Fri	6:00 - 8:00 AM	Rec Center
Plus Square Dance	Wed	2:00-3:00 PM	Fitness Room I w/ Jean
Road Runner Walking Club	Mon-Fri	8:00 - 9:00 AM	White Sands Mall
Stretching	Mon & Wed & Fri	10:00-11:00 AM	Fitness Room I
Strength Training 	Mon & Wed & Fri	8:00-9:00 AM	Fitness Room I
Strength Training	Mon & Wed & Fri	9:00-10:00 AM	Fitness Room I
Strength Training	Mon & Wed & Fri	1:00-2:00 PM	Fitness Room I
Strength & Flexibility	Mon & Wed & Fri	8:30-9:30 AM	White Sands Mall
Table Tennis	Mon & Wed & Fri	8:00-11:00 AM	Classroom I & II
Tai Chi	Tues & Thurs	10:00-11:00 AM	Fitness Room II
Walk Aerobics	Mon & Wed	3:00-3:45 PM	Fitness Room II
Wgt Training & DVD Dance	Mon & Wed & Fri	11:00-12:00 PM	Fitness Room I w/ Elana
Yoga	Mon & Wed	4:00-5:15 PM	Fitness Room II w/ Mary
Zumba 	Mon	11:15-11:45 AM	Fitness Room II w/ Norma
Zumba	Wed	11:00-11:30 AM	Fitness Room II w/ Patti
Zumba	Fri	11:15-11:45 AM	Fitness Room II w/ Angel