



**CITY OF YUBA CITY SENIOR CENTER
AUGUST 2024 SCHEDULE**

777 Ainsley Ave. (530) 822-4608 Open Mon-Fri 8am-4pm
Register in-person or online www.yubacity.net/registration

Day Trip Sign-ups Open
Wednesday, August 21
9AM in-person 11AM online

Program	Days	Dates	Time	Fee Resident/Non-Res	Room
Pottery Open Studio	Monday	Aug 5 – Aug 26	1:00pm - 4:00pm	\$36/\$40	Art
Ceramics	Wednesday	Aug 7 – Aug 28	9:00am - 12:00pm	\$20/\$22	Art
Knitting	Tuesday	Ongoing	10:00am-12pm	Activity Card	Art
Watercolor Open Studio	Friday	Ongoing	9:00am - 12:00pm	Activity Card	Art
Arts & Crafts Open Studio	Friday	Ongoing	12:30-3pm	Activity Card	Art
Quilting	Friday	Ongoing	9:00am - 11:00am	Activity Card	Bingo
Line Dancing	Monday & Wednesday	Ongoing	10:00am - Noon	Activity Card	Fitness
Beginner Line Dance	Thursday	Ongoing	11:45am-1:00pm	Activity Card	Fitness
Absolute Beginner Line Dancing Basics	Thursday	Ongoing	1:15pm-2:15pm	Activity Card	Fitness
Fitness after 50	Tuesday & Thursday	Aug 1 – Aug 29	10:30am - 11:30am	\$27/\$30	Fitness
Yoga Balance	Tuesday & Thursday	Aug 1 – Aug 29	9:30am-10:15am	\$27/\$30	Fitness
Yoga	Tuesday & Thursday	Aug 1 – Aug 29	8:15am - 9:15am	\$45/\$50	Fitness
Tai Chi	Friday	Aug 2 - Aug 30	10:00-11:00am	\$25/\$28	Fitness
Bingo	Friday	Aug 2, 9, 16, 23, 30	Sales Open- 4:30-5:50pm Bingo Starts @ 6pm	\$10 buy-in	Bingo
Smartphone Help	Wednesday	iphone Aug 7 Android Aug 14	11am-Noon	Free, sign-up at front desk	Game
Pinochle	Mon, Tues, Fri	Ongoing	11:30am-3:30pm	Activity Card	
Hand & Foot	Wednesday	Ongoing	10:30am-3:00pm	Activity Card	Bingo
Bridge	Tuesday & Friday	Ongoing	11:30am-3pm	Activity Card	Game
Poker	Tuesday	Ongoing	12:00pm	Activity Card	Poker
Rummikub	Thursday	Ongoing	12:30-3pm	Activity Card	Game
Writer's Workshop	2nd/4th Mondays	Aug 12 & Aug 26	10:00-11:30am	Activity Card	Game
Golden Ukuleles	Tuesdays	Aug 6 —Aug 27	12pm-1:30pm	Activity Card	Fitness



FOR MORE INFORMATION ON SENIOR CENTER PROGRAMS & EVENTS CALL (530) 822-4608

HEALTHY LIVING FOR YOUR BRAIN AND BODY

TIPS FROM THE LATEST RESEARCH

An education program presented by the Alzheimer's Association®



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Hosted by



**Thursday, September 12
11 a.m. - Noon**

**Yuba City Senior Center
777 Ainsley Avenue
Yuba City, CA 95991**

**Register at the Front Desk
online at bit.ly/HealthyYC
or call 800.272.3900**

Visit alz.org/CRF to explore additional education programs in your area.



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Join us!

Waffle Wednesdays **Last Wednesday of the Month**

9:00AM –10:00AM

FREE BREAKFAST

All Welcome!



NAVIGATING THROUGH THE PROCESS OF DOWNSIZING

1. It takes a financial plan
2. What are the housing options?
3. Under what circumstances should I sell my home?

Thursday, August 29

11:00AM-Noon

Presenter: Carla Shryock, Seniors Real Estate Specialist