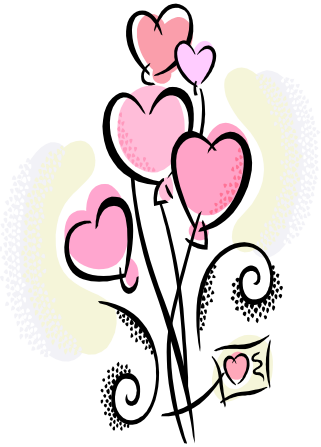
Ontario Senior Center
225 East "B" Street
Ontario, CA 91764

February 2014

CITY OF ONTARIO
RECREATION & COMMUNITY SERVICES
"CREATING COMMUNITY, ONE PIECE AT A TIME."

Center Hours
8am-8:00pm
Monday-Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Lite Moves 9-9:30am Quilting 10am-3pm	4 Lite Moves 9-9:30 am Walking Club 10-11am Needle Point 10-11am	5 Lite Moves 9-9:30am Craft Club 12pm-2pm Chair Yoga 9:30-10:30am Yoga 11am-12pm Wii Work Out 1-3pm	6 Lite Moves 9-9:30am Bingo 1:30pm-4pm	7 Lite Moves 9-9:30am Knitting/Crocheting 9:30-11:30am Friday Night Dance 7-10pm *Star Dust Trio*
10 Lite Moves 9-9:30am Cinema Club 12:30-2:30pm "42"	11 Lite Moves 9-9:30 am Walking Club 10-11am Needle Point 10-11am *Birthdays*	12 Lite Moves 9-9:30am Craft Club 12pm-2pm Chair Yoga 9:30-10:30am Yoga 11am-12pm Wii Work Out 1-3pm	13 Lite Moves 9-9:30am Bingo 1:30pm-4pm	14 Lite Moves 9-9:30am knitting/Crocheting 9:30-11:30am Friday Night Dance 7-10pm *Global Affair*
17 Lite Moves 9-9:30am	18 Lite Moves 9-9:30 am Walking Club 10-11am Needle Point 10-11am	19 Lite Moves 9-9:30am Craft Club 12pm-2pm Chair Yoga 9:30-10:30am Yoga 11am-12pm Wii Work Out 1-3pm	20 Lite Moves 9-9:30am Bingo 1:30pm-4pm *Massages*	21 Lite Moves 9-9:30am Knitting/Crocheting 9:30-11:30am Friday Night Dance 7-10pm *Dave & Stan*
24 Lite Moves 9-9:30am Cinema Club 12:30-2:30pm "Oblivion"	25 Lite Moves 9-9:30 am Walking Club 10-11am Needle Point 10-11am	26 Lite Moves 9-9:30am Craft Club 12pm-2pm Chair Yoga 9:30-10:30am Yoga 11am-12pm Wii Work Out 1-3pm	27 Lite Moves 9-9:30am Bingo 1:30pm-4pm	28 Lite Moves 9-9:30am Knitting/Crocheting 9:30-11:30am *No Dance Closed at 5pm*



2014

Quilting Class

Tuesdays
Woodcarving Club * *FREE*
2pm - 4pm

Beginning Computer* $6 FEE
9:30am - 11:30am

Walking Club
10am - 11am

Thursdays
Bingo
1:30pm - 4:00pm
Age Limit: 21 & up

Massages
8:00am - 12:00pm
2/19/14

Must be age 50 or older
Fill out
Emergency card/waiver form.
***pre-registration**
Required & Nominal Fee

Registrations accepted
Monday-Friday 8am - 4:30pm
Or On-Line!
(Checks, Cash, Or any major Credit Card)
Drivers License Required
Ontario Senior Center
225 E. "B" Street
(909) 395-2021

Daily Senior Activities

Nutrition (Age 60 & Older)
M-F 11:30 - 12:30pm
Suggested donation of $2.50 (60 & up)
Daily lunch meal, Meal varies

Fitness Center
M-F 8am - 8:00pm
Fill out an emergency card. ***FREE***
Wear appropriate shoes/clothing
Sign-in required, times strictly enforced

Game Room
M-F 8:00am - 8:00pm
Equipment with champion-sized pool tables
2 games tables, TV and dartboard. ***FREE***

Lites Moves
M-F 9am - 9:30am
Stretching, bending and small movement
Activities. ***FREE***

Computer Lab
M, Th, F 8am - 5pm
T, W 11:30am - 5pm
One hour maximum.
Library card required. ***FREE***

Reading Lounge
M-F 8am - 8:00pm
Available puzzles,
Magazines, etc. ***FREE***

Current Emergency Card Information Needed On File

February

Mondays
Cinema Club
2/10 & 2/23
FREE!

Wednesdays
Chair Yoga
9:30am-10:30am

Yoga
11:00-12:00pm

Wii Work Out
1:00pm-3:00pm

Fridays
Knitting/Crocheting
9:30am - 11:30am

Friday Night Dances
7:00pm - 10:00pm
Cost: $4.00