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

October 2013

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

Center Hours
8am-8pm
Monday-Friday

Mon	Tue	Wed	Thu	Fri
	1 Lite Moves 9-9:30 am Walking Club 10-11am Needle Point on Canvas 10-11am	2 Lite Moves 9-9:30am Chair Yoga 9:30-10:30am Yoga 11am-12pm Wii Work Out 1-3pm	3 Lite Moves 9-9:30am Bingo 1:30pm-4pm	4 Lite Moves 9-9:30am Knitting/Crocheting 9:30-11:30am Friday Night Dance 7-10pm *Dave & Stan*
7 Lite Moves 9-9:30am Cinema Club 12:30-2:30pm *Quilting Class*	8 Lite Moves 9-9:30 am Walking Club 10-11am Needle Point on Canvas 10-11am *Birthdays*	9 Lite Moves 9-9:30am Chair Yoga 9:30-10:30am Yoga 11am-12pm Wii Work Out 1-3pm	10 Lite Moves 9-9:30am Bingo 1:30pm-4pm	11 Lite Moves 9-9:30am Knitting/Crocheting 9:30-11:30am *No Dance*
14 Lite Moves 9-9:30am	15 Lite Moves 9-9:30 am Walking Club 10-11am Needle Point on Canvas 10-11am	16 Lite Moves 9-9:30am Chair Yoga 9:30-10:30am Yoga 11am-12pm Wii Work Out 1-3pm	17 Lite Moves 9-9:30am Bingo 1:30pm-4pm *Massages* 9am-12pm	18 Lite Moves 9-9:30am Knitting/Crocheting 9:30-11:30am Friday Night Dance 7-10pm *Stardust Trio*
21 Health Fair And Flu shot clinic 9am-12pm	22 Lite Moves 9-9:30 am Walking Club 10-11am Needle Point on Canvas 10-11am	23 Lite Moves 9-9:30am Chair Yoga 9:30-10:30am Yoga 11am-12pm Wii Work Out 1-3pm	24 Lite Moves 9-9:30am Bingo 1:30pm-4pm	25 Lite Moves 9-9:30am Knitting/Crocheting 9:30-11:30 Friday Night Dance 7-10pm *Global Affair*
28 Lite Moves 9-9:30am	29 Lite Moves 9-9:30 am Walking Club 10-11am Needle Point on Canvas 10-11am	30 Lite Moves 9-9:30am Chair Yoga 9:30-10:30am Yoga 11am-12pm Wii Work Out 1-3pm	31 Lite Moves 9-9:30am *No bingo*	