

## **Kingsburg Senior Center Activities**

For more information, please call 897-3013

**Puzzles & Games are available daily for use.**

### **Mondays:**

**\$1.00 per Bingo Card (9:15 - 10:30 AM) 8 Reg. games 1 Black out  
(9:15am Last buy in)**

#### **Rhythm & Strength Yoga 12:30**

**Has Moved locations to Linnaea Villas Community Room**

**2530 Sierra Street, Kingsburg Ca. 93631**

\*Always consult your physician before beginning the exercise program.

### **Tuesday:**

**Chair & Floor exercise (9:00-10:00AM)**

\*Always consult your physician before beginning the exercise program.

#### **Line Dancing Class (12:30 PM – 2 PM)**

**Line Dancing Class is on hold until January 6th**

### **Wednesdays:**

**Quilting Class (9:00 – 1:50 PM)**

### **Thursdays:**

**Chair & Floor exercise (9:00-10:00AM)**

\*Always consult your physician before beginning the exercise program.

**Ceramics/Arts & Crafts 12pm – 2pm**

#### **Rhythm & Strength Yoga 12:30**

**Has Moved locations to Linnaea Villas Community Room**

**2530 Sierra Street, Kingsburg Ca. 93631**

\*Always consult your physician before beginning the exercise program.

**BUNCO Every Third Thursday of the month 12-2 P.M.**

### **Friday:**

**\$1.00per Bingo card (9:15-10:30 AM) 8 Reg. games 1 Black out  
(9:15 Last buy in)**

### **First Saturday of the month:**

**Music Jam 5-8 P.M.**