



Monday	Tuesday	Wednesday	Thursday	Friday
<p>AARP Taxes Mon 1-5P By Appointment Only SBC = San Bernardino County</p>	<p>1) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Walking Club 10 - 11A Mobile Fresh 1 - 2p Wood Carving Club 2 - 4P 	<p>2) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Chair Yoga 9:30 - 10:30A Yoga 11A - 12p Wii Work Out 1 - 3p <p><u>Hi-Cap: By Appt</u></p>	<p>3) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Bingo 1:30 - 4:15p 	<p>4) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Knitting & Crocheting 9:30 - 11:30A <p><u>Dance: Star Dust Trio</u></p>
<p>7) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Yoga 10 - 11A <p><u>Inland County Legal Services: By Appointment</u> <u>Color Away Stress 9:30 - 10:30</u></p>	<p>8) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Walking Club 10 - 11A Birthday Celebration 12P Mobile Fresh 1 - 2p Wood Carving Club 2 - 4P 	<p>9) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Chair Yoga 9:30 - 10:30A Yoga 11A - 12p Wii Work Out 1 - 3p 	<p>10) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Bingo 1:30 - 4:15p 	<p>11) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Knitting & Crocheting 9:30 - 11:30A Craft Class 12:30 - 2:30P <p><u>Dance: Global Affair</u></p>
<p>14) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Yoga 10 - 11A <p><u>SBC Department of Aging</u></p> <ul style="list-style-type: none"> Cinema Club: Martian 12:30 - 2:30P Photography Class 5:30 - 7:30P 	<p>15) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Computer Class 9:30 - 11:30A Walking Club 10 - 11A Mobile Fresh 1 - 2p Wood Carving Club 2 - 4P <p><u>Inland Fair Housing & Mediation Board</u></p>	<p>16) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Chair Yoga 9:30 - 10:30A Computer Class 9:30 - 11:30A Yoga 11A - 12p Wii Work Out 1 - 3p <p><u>Hi-Cap: By Appt.</u></p>	<p>17) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Bingo 1:30 - 4:15p 	<p>18) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Knitting & Crocheting 9:30 - 11:30A Craft Class 12:30 - 2:30P <p><u>Dance: Music By Linda</u></p>
<p>21) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Yoga 10 - 11A <p><u>Color Away Your Stress 9:30 - 10:30A</u></p>	<p>22) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Computer Class 9:30 - 11:30A Walking Club 10 - 11A Mobile Fresh 1 - 2p Wood Carving Club 2 - 4P 	<p>23) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Chair Yoga 9:30 - 10:30A Computer Class 9:30 - 11:30A Yoga 11A - 12p Wii Work Out 1 - 3p 	<p>24) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Bingo 1:30 - 4:15p <p><u>SBC Transitional Assistance Department 9-11A</u></p>	<p>25) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Knitting & Crocheting 9:30 - 11:30A Craft Class 12:30 - 2:30P <p><u>OSC Closes @ 5P</u> <u>No Dance</u></p>
<p>28) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Yoga 10 - 11A Cinema Club: The Walk 12:30 - 2:30P Photography Class 5:30 - 7:30P 	<p>29) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Computer Class 9:30 - 11:30A Mobile Fresh 1 - 2p <p><u>Spanish AARP Driving Course: Must Register</u></p>	<p>30) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Chair Yoga 9:30 - 10:30A Computer Class 9:30 - 11:30A Yoga 11A - 12p Wii Work Out 1 - 3p 	<p>31) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Bingo 1:30 - 4:15p <p><u>Spanish AARP Driving Course: Must Register</u></p>	<p><i>*Cinema Club movies are subject to change*</i></p>

Daily Senior Activities

Nutrition Age 60 & Up

M - F 11:30A - 12:30P

Daily lunch meal varies, suggested donation of \$2.50 (60 & up) Guest \$6.00

Fitness Center: M - F 8A - 8P

Fill out an emergency card. **FREE**

Wear appropriate shoes/clothing

Sign-in required, times strictly enforced

Game Room: M - F 8A - 8P

Equipped with champion-sized pool tables
2 games tables, TV and dartboard - **FREE**

Lite Moves: M - F 9 - 9:30A

Stretching, bending and small movement activities. **FREE**

Computer Lab: M & Th, F 8A - 5P

T & W 11:30A - 5P

One Hour Maximum Ontario

Library Card required. **FREE**

Reading Lounge: M - F 8A - 8P

Available puzzles, Magazines etc. **FREE**

Silver S.T.A.R.S.: M - F 8A - 4:30P

Call for pick-up (909) 988-1864

F.S.A: (951) 342-3057 Call for Meal Delivery

Mobile Fresh Food Bus: T 1 - 2P

Affordably Priced

Ontario Senior Center Please remember the following:

1. Must be age 50 or older and fill out Emergency Card/Waiver Form.
2. Pre-Registration is required for most programs.
3. Registrations is accepted on Monday through Friday from 8A to 4:30P (Checks, Cash, and major Credit Cards Accepted.) Drivers License is required.
4. Please use the Computer Lab "Only" to charge small electronic devices.
5. Patrons are required to follow the Code of Conduct while at the Ontario Senior Center.

Thank You

Upcoming Events / Programs

English Second Langue Class

Interest List Forming

A Mad Hatter Tea Party

Date: Saturday, April 30, 2016

Time: 1:30 - 3:30P

Cinco De Mayo Dance

Featuring Global Affair

Date: Friday, May 6, 2016

7 - 10P

Ontario Senior Center



Ontario Senior Center

225 East "B" Street

Ontario, CA 91764

(909) 395-2021

Center Hours : 8A - 8P

Program Guide

