




# April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>SBC = San Bernardino County</b> <b>± = Fees</b>		<b>*Cinema Club movies are subject to change*</b>	<b>1) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Knitting &amp; Crocheting 9:30 - 11:30A</li> </ul> <b><u>Dance: Dave &amp; Stan</u></b>
<b>4) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Yoga 10 - 11A</li> </ul> <b><u>Inland County Legal Services: By Appointment</u></b> <b>⇒ <u>Color Away Stress 9:30 - 10:30 West End Family Counseling</u></b>	<b>5) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Walking Club 10 - 11A</li> <li>FSA Mobile Fresh 1 - 2p</li> <li>Wood Carving Club 2 - 4P</li> </ul>	<b>6) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Chair Yoga 9:30 - 10:30A</li> <li>Yoga 11A - 12p</li> <li>Wii Work Out 1 - 3p</li> </ul> <b>⇒ <u>Hi-Cap: By Appt. 9a-12p</u></b>	<b>7) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Bingo 1:30 - 4:15p</li> </ul>	<b>8) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Knitting &amp; Crocheting 9:30 - 11:30A</li> <li>Craft Class 12:30 - 2:30P ≠</li> </ul> <b><u>Dance: Stardust Trio</u></b>
<b>11) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Yoga 10 - 11A</li> </ul> <b>⇒ <u>DAAS</u></b> <ul style="list-style-type: none"> <li>Cinema Club: 12:30 - 2:30P</li> <li>Photography Class 5:30 - 7:30P</li> </ul>	<b>12) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Computer Class 9:30 - 11:30A</li> <li>Birthday Celebration 12P</li> <li>Walking Club 10 - 11A</li> <li>FSA Mobile Fresh 1 - 2p</li> <li>Wood Carving Club 2 - 4P</li> </ul>	<b>13) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Chair Yoga 9:30 - 10:30A</li> <li>Computer Class 9:30 - 11:30A</li> <li>Yoga 11A - 12p</li> <li>Wii Work Out 1 - 3p</li> </ul>	<b>14) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Bingo 1:30 - 4:15p</li> </ul>	<b>15) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Knitting &amp; Crocheting 9:30 - 11:30A</li> <li>Craft Class 12:30 - 2:30P ≠</li> </ul> <b><u>Dance: Global Affair</u></b>
<b>18) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Yoga 10 - 11A</li> </ul> <b>⇒ <u>Color Away Your Stress 9:30 - 10:30A</u></b> <b><u>West End Family Counseling</u></b>	<b>19) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Computer Class 9:30 - 11:30A</li> <li>Walking Club 10 - 11A</li> <li>FSA Mobile Fresh 1 - 2p</li> <li>Wood Carving Club 2 - 4P</li> </ul> <b>⇒ <u>Inland Fair Housing &amp; Mediation Board</u></b>	<b>20) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Chair Yoga 9:30 - 10:30A</li> <li>Computer Class 9:30 - 11:30A</li> <li>Yoga 11A - 12p</li> <li>Wii Work Out 1 - 3p</li> </ul> <b>⇒ <u>Hi-Cap: By Appt. 9a-12p</u></b>	<b>21) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Bingo 1:30 - 4:15p</li> </ul> <b>⇒ <u>SB Transitional Assistance Department 9-11A</u></b>	<b>22) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Knitting &amp; Crocheting 9:30 - 11:30A</li> <li>Craft Class 12:30 - 2:30P ≠</li> </ul> <b><u>OSC Closes @ 5P</u></b> <b><u>No Dance</u></b>
<b>25) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Yoga 10 - 11A</li> <li>Cinema Club: 12:30 - 2:30P</li> <li>Photography Class</li> </ul>	<b>26) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Computer Class 9:30 - 11:30A</li> <li>FSA Mobile Fresh 1 - 2p</li> <li>Wood Carving Club 2 - 4P</li> </ul>	<b>27) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Chair Yoga 9:30 - 10:30A</li> <li>Computer Class 9:30 - 11:30A</li> <li>Yoga 11A - 12p</li> <li>Wii Work Out 1 - 3p</li> </ul>	<b>28) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Bingo 1:30 - 4:15p</li> </ul> 	<b>29) Lite Moves 9 - 9:30A</b> <ul style="list-style-type: none"> <li>Knitting &amp; Crocheting 9:30 - 11:30A</li> <li>Craft Class 12:30 - 2:30P≠</li> </ul>

## Daily Senior Activities

### F.S.A 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

### FSA 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

\$5.00 Space Limited

### Cinco De Mayo Dance

Featuring Global Affair

Date: Friday, May 6, 2016

7 - 10P



## Ontario Senior Center **April**



Ontario Senior Center  
225 East "B" Street  
Ontario, CA 91764  
(909) 395-2021  
Center Hours : 8A - 8P

## Program Guide