

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Yoga 10 - 11A 	<p>2) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Walking Club 10 - 11A 	<p>3) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Chair Yoga/ Yoga 9:30 - 10:30A /11A - 12P • Wii Work Out 1-3P • Hi- Cap App. Only 	<p>4) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Bingo 1:30 - 4:30P 	<p>5) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Knitting & Crocheting 9:30 - 11:30A • Craft Club 12:30 - 2:30P • <u>Music by Linda</u> 6-9P
<p>8) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Yoga 10 - 11A • Cinema Club: 12:30 - 2:30P • Photography 5:30 - 7:30P • Heap 	<p>9) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Walking Club 10 - 11A • Birthday Celebrations Sign Up! 	<p>10) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Chair Yoga/ Yoga 9:30 - 10:30A /11A - 12P • Wii Work Out 1 - 3P 	<p>11) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Bingo 1:30 - 4:30P 	<p>12) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Knitting & Crocheting 9:30 - 11:30A • Craft Club 12:30 - 2:30P • <u>Global Affair</u> 6 - 9P
<p>15) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Yoga 10 - 11A 	<p>16) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Walking Club 10 - 11A • Computer 9:30 - 11:30A 	<p>17) Lite Moves 9-930A</p> <ul style="list-style-type: none"> • Chair Yoga/ Yoga 9:30 - 10:30A/11A - 12P • Computer Spanish 9:30 - 11:30A • Wii Work Out 1 - 3P • Hi-Cap App. Only 	<p>18) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Bingo 1:30 - 4:30P 	<p>19) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Knitting & Crocheting 9:30 - 11:30A • Craft Club 12:30 - 2:30P <p>*No Dance OSC Closes at 5P*</p>
<p>22) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> • Yoga 11A - 12P 	<p>23) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Walking Club 10 - 11A • Computer 9:30 - 11:30A 	<p>24) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Chair Yoga /Yoga 9:30 - 10:30A /11A -12P • Computer Spanish 9:30 - 11:30A • Wii Work Out 1 - 3P 	<p>25) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Bingo 1:30 - 4:30P 	<p>26) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Knitting & Crocheting 9:30 - 11:30A • Craft Club 12:30 - 2:30P • <u>Carnival Event</u>
<p>29) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Yoga 10 - 11A • Photography 5:30 - 7:30P 	<p>30) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Walking Club 10 - 11A • Computer 9:30 - 11:30 A 	<p>31) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> • Chair Yoga /Yoga 9:30 - 10:30A /11A -12P • Computer Spanish 9:30 - 11:30A • Wii Work Out 1 - 3P 		<p>Tickets are on sale now for the End of Summer Event— \$7.00/person all ages are Welcome. Join in —</p> <p style="text-align: center;">CARNIVAL</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
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:
Tuesday: 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

◇ Omni Trans

Date: July 5, 2016
5 - 7P

Classroom

◇ IMFHB: HEAP

Date July 13, 2016
9:45am

Arts & Craft Room

◇ SB Transitional

Assistance Department:

Date: July 26, 2016
9 - 11A
Classroom

August



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

Program Guide

FSA FAMILY
Service Association

HEALTHY
ONTARIO

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

CELEBRATING
125
YEARS
ANNIVERSARY
CITY OF ONTARIO