

Monday	Tuesday	Wednesday	Thursday	Friday
<p>DAAS = Department of Adult and Aging Services</p>	<p>IMFHB= Inland Fair Housing & Mediation Board</p>		<p><u>Starting July 1st The Friday Night Dance will start at 6pm</u></p>	<p>1) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Knitting & Crocheting 9:30 - 11:30A <u>Music By Linda</u> 6 - 9P
<p>4) CLOSED</p> 	<p>5) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Walking Club 10 - 11A 	<p>6) 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>Hi-CAP: Appt. Only</p>	<p>7) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Bingo 1:30 - 4:30p 	<p>8) 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>11) 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 <p>⇒ DAAS</p>	<p>12) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Walking Club 10 - 11A <p>*Birthday Celebration* 12P</p>	<p>13) 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>14) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Bingo 1:30 - 4:30p 	<p>15) 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><u>*No Dance OSC Closes @ 5P*</u></p>
<p>18) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> Yoga 11A - 12P 	<p>19) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Walking Club 10 - 11A 	<p>20) 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>Hi-CAP: Appt. Only</p>	<p>21) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Bingo 1:30 - 4:30p 	<p>22) 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>Stardust Trio</u> 6 - 9P
<p>25) 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 	<p>26) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Walking Club 10 - 11A 	<p>27) 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>28) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Bingo 1:30 - 4:30p 	<p>29) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Knitting & Crocheting 9:30 - 11:30A <u>Dave & Stan</u> 6 - 9P

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 July13, 2016
9:45am

Arts & Craft Room

◇ SB Transitional

Assistance Department:

Date: July 26, 2016
9 - 11A
Classroom

July



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