


# May 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Yoga 11A-12P</li> </ul> <p><u>Inland County Legal Services: By Appt.</u> ⇒ <u>Color Away Stress</u> 9:30-10:30A WEFC</p>	<p>3) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Walking Club 10-11A</li> <li>Wood Carving Club 2-4P</li> </ul>	<p>4) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Chair Yoga / Yoga 9:30-10:30A / 11A-12P</li> <li>Wii Work Out 1-3P</li> </ul> <p><u>Hi- CAP: By Appt.</u></p>	<p>5) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Bingo 1:30-4P</li> </ul>	<p>6) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Knitting/Crocheting 9:30-11:30A</li> <li><u>Dance: *Latin Music*</u> 7-10P</li> </ul>
<p>9) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Yoga 11A-12P</li> </ul> <p>⇒ <u>DAAS</u></p> <ul style="list-style-type: none"> <li>Cinema Club: 12:30-2:30pm</li> <li>Photography 5:30-7:30P</li> </ul>	<p>10) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Computer 9:30- 11:30A</li> <li>Walking Club 10-11A</li> <li>Wood Carving Club 2-4P</li> </ul> <p>*Birthdays*</p>	<p>11) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> <li>Chair Yoga / Yoga 9:30-10:30A / 11A-2P</li> <li>Computer Spanish 9:30-11:30A</li> <li>Wii Work Out 1-3P</li> </ul>	<p>12) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Bingo 1:30-4P</li> </ul>	<p>13) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Knitting/Crocheting 9:30-11:30A</li> <li>Craft Club 12:30-2:30P</li> <li><u>Dance: Dave &amp; Stan</u> 7-10P</li> </ul>
<p>16) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Yoga 11A-12P</li> </ul> <p>⇒ <u>Color Away Stress</u> <u>Away: 9:30—10:30</u> WEFC</p>	<p>17) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Computer Class 9- 9:30A</li> <li>Walking Club 10-11A</li> <li>Wood Carving Club 2-4P</li> </ul> <p>⇒ <u>IFHMB</u></p>	<p>18) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> <li>Chair Yoga/ Yoga 9:30-10:30A/ 11A-12P</li> <li>Computer Spanish 9:30-11:30A</li> <li>Wii Work Out 1-3P</li> </ul> <p><u>Hi-CAP: Appt.</u></p>	<p>19) Lite Moves 9-9:30A</p> <p>⇒ <u>SB Transitional Assistance Department :</u> 9-11A</p> <ul style="list-style-type: none"> <li>Bingo 1:30-4P</li> </ul>	<p>20) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Knitting/Crocheting 9:30-11:30A</li> <li>Craft Club 12:30-2:30P</li> <li><u>Dance: Stardust Trio</u> 7-10P</li> </ul>
<p>23) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Yoga 11A-12P</li> <li>Cinema Club: 12:30- 2p</li> <li>Photography 5:30-7:30P</li> </ul>	<p>24) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Computer Class 9:30-10:30A</li> <li>Walking Club 10-11A</li> <li>Wood Carving Club 2-4P</li> </ul>	<p>25) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> <li>Chair Yoga / Yoga 9:30-10:30A/ 11A-12P</li> <li>Computer Spanish 9:30- 11:30A</li> <li>Wii Work Out 1-3P</li> </ul>	<p>26) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Bingo 1:30pm-4P</li> </ul>	<p>27) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Knitting/Crocheting 9:30-11:30A</li> <li>Craft Club 12:30-2:30P</li> </ul> <p><u>*No Dance Closing at 5P*</u></p>
<p>30)</p> <p> <b>Closed</b> <b>Memorial Day</b></p>	<p>31) Lite Moves 9-9:30A</p> <ul style="list-style-type: none"> <li>Walking Club 10-11A</li> <li>Wood Carving Club 2-4P</li> </ul>	<ul style="list-style-type: none"> <li>♦ <u>WEFC</u>= West End Family Counseling</li> <li>♦ <u>Hi-CAP</u>= Health Insurance Counseling &amp; Advocacy Program</li> </ul>	<ul style="list-style-type: none"> <li>♦ <u>DAAS</u> = Department of Adult and Aging Services</li> <li>♦ <u>IFHMB</u>= Inland Fair Housing &amp; Mediation Board</li> </ul>	<p><b>If you missed the Birthday Celebration the Senior Center will hold your gift for only <u>2 days</u>.</b></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/ Programs

- ◆ Substance Abuse-

West End Family Counseling

Date May 4, 2016

(S) 9:30-10:10:30A (E) 10:30-11:30A

- ◆ Cinco De Mayo BINGO!

Date: Thursday, May 5, 2016

Time: 1:30 - 4P

- ◆ Cinco De Mayo Dance

Featuring Global Affair

Date: Friday, May 6, 2016

- ◆ Goal Making

West End Family Counseling

Date: May 18, 2016

(E)9:30-10:30 (S) 10:30-11:30A

(E) = English (S) = Spanish

## Ontario Senior Center May



Wii Workout  
Wednesday  
1:30-3:30P



Arts & Crafts Class  
Friday 12:30-2:30P

**Ontario Senior Center**  
**225 East "B" Street**  
**Ontario, CA 91764**  
**(909) 395-2021**

**Center Hours : 8A - 8P**

**Monday—Friday**

*Program Guide*