



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Yoga 10 - 11A <p>⇒ SBC Inland County</p> <p><u>Legal Services:</u> 9 - 11:30A By Appt.</p>	<p>4) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Walking Club 10 - 11A Mobile Fresh 1 - 2P 	<p>5) 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>⇒ <u>Hi-CAP</u></p>	<p>6) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Bingo 1:30 - 4:30P <p>⇒ WE Family Counseling 9 - 11:30A</p>	<p>7) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Knitting and Crocheting 9:30 - 11:30A <u>Dave and Stan</u> 6 - 9P
<p>10) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Yoga 11A - 12P Photography 5:30 - 7:30P <p>⇒ Dept. of Aging</p>	<p>11) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Walking Club 10 - 11A Computer 9:30 - 11:30A Birthday Celebrations Pre-register! 12P 	<p>12) 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 Computadoras en Español 9:30 - 11:30A 	<p>13) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Bingo 1:30 - 4:30P <p>⇒ WE Family Counseling 9 - 11:30A</p>	<p>14) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Knitting and Crocheting 9:30 - 11:30A Craft Club 12:30 - 2:30P <u>Stardust Trio</u> 6 - 9P
<p>17)Health Fair!! 9A - 12:30p OSC closed until 3P</p>	<p>18) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Walking Club 10 - 11A Computer 9:30 - 11:30A Mobile Fresh 1 - 2P 	<p>19) 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 Computadoras en Español 9:30 - 11:30A <p>⇒ <u>Hi-CAP</u></p>	<p>20) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Bingo 1:30 - 4:30P <p>⇒ WE Family Counseling 9 - 11:30A</p>	<p>21) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Knitting and Crocheting 9:30 - 11:30A <p><u>*No Dance OSC Closes at 5P*</u></p>
<p>24) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Yoga 11A - 12P Cinema Club 12:30 - 2:30P Photography 5:30 - 7:30P 	<p>25) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Walking Club 10 - 11A Computer 9:30 - 11:30A 	<p>26) 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 Computadoras en Español 9:30 - 11:30A 	<p>27) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Bingo 1:30 - 4:30P <p>⇒ WE Family Counseling 9 - 11:30A</p>	<p>28) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Knitting and Crocheting 9:30 - 11:30A Craft Club 12:30 - 2:30P <u>Global Affair***</u> 6 - 9P
<p>31) Lite Moves 9 - 9:30A</p> <ul style="list-style-type: none"> Yoga 10 - 11A <p>• <u>Tot Costume Parade</u></p>	<p>WE= West End Family Counseling SBC = San Bernardino County IFHMB = Inland Fair Housing and Mediation Board</p>			<p>*Costume Contest – Please Wear Yours!*</p>

Daily Senior Activities

◇ Nutrition Age 60 & Up M - F 11:30A - 12:30P

Daily lunch meal varies, suggested donation of \$2.50 (60 +) 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**

◇ Y.M.C.A. 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: 1st and 3rd 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. Registration 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

- ◆ IMFHB: HEAP
October 3, 2016
9:45A - 12P
- ◆ SBC Inland County Legal Services
October 3, 2016
9 - 11:30A by Appt. only
- ◆ Department of Aging
October 10, 2016
- ◆ West End Family Counseling
Every Thursday of October from 9 - 11:30A
- ◆ Tot Costume Parade
October 31, 2016



October



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

Center Hours : 8A - 8P

Monday—Friday

Program Guide