



Monday	Tuesday	Wednesday	Thursday	Friday
<p>SBC = San Bernardino County SBC Dept. = Department of Health Arthritis Awareness IFHMB = Inland Fair Housing and Mediation Board</p>		<p><u>Upcoming Event</u> Health Fair coming soon!!! Monday October 17, 2016 8A - 12P</p>	<p>1) Lite Moves 9 - 9:30A • Bingo 1:30 - 4:30P • SBC Dept. of Health 9:30 - 11:30A</p>	<p>2) Lite Moves 9 - 9:30A • Knitting and Crocheting 9:30 - 11:30A • <u>Stardust Trio</u> 6 - 9P</p>
<p>5) Labor Day OSC CLOSED</p> 	<p>6) Lite Moves 9 - 9:30A • Walking Club 10 - 11A • SBC Dept. of Health 9:30 - 11:30A • Computer 9:30 - 11:30A</p>	<p>7) Lite Moves 9 - 9:30A • Chair Yoga /Yoga 9:30 - 10:30A /11A - 12P • Wii Work Out 1 - 3P • Computadoras en Español 9:30 - 11:30A ⇒ <u>Hi-Cap</u> Appt. Only</p>	<p>8) Lite Moves 9 - 9:30A • Bingo 1:30 - 4:30P • SBC Dept. of Health 9:30 - 11:30A</p>	<p>9) Lite Moves 9 - 9:30A • Knitting and Crocheting 9:30 - 11:30A • Craft Club 12:30 - 2:30P • <u>Dave and Stan</u> 6 - 9P</p>
<p>12) Lite Moves 9 - 9:30A • Yoga 10 - 11A ⇒ HEAP ⇒ DAAS • Cinema Club 12:30 - 2:30P</p>	<p>13) Lite Moves 9 - 9:30A • Walking Club 10 - 11A • SBC Dept. of Health 9:30 - 10:30A • Computer 9:30 - 11:30A</p>	<p>14) Lite Moves 9 - 9:30A • Chair Yoga /Yoga 9:30 - 10:30A/11A - 12P • Wii Work Out 1 - 3P • Computadoras en Español 9:30 - 11:30A</p>	<p>15) Lite Moves 9 - 9:30A • Bingo 1:30 - 4:30P • SBC Dept. of Health 9:30 - 11:30A</p>	<p>16) Lite Moves 9 - 9:30A • Knitting and Crocheting 9:30 - 11:30A <u>*No Dance OSC Closes at 1P*</u></p>
<p>19) Lite Moves 9 - 9:30A • Yoga 11A - 12P • Cinema Club 12:30 - 2:30P • Photography 5:30 - 7:30P</p>	<p>20) Lite Moves 9 - 9:30A • Walking Club 10 - 11A • SBC Dept. of Health 9:30 - 11:30A • Computer 9:30 - 11:30A</p>	<p>21) Lite Moves 9 - 9:30A • Chair Yoga /Yoga 9:30 - 10:30A /11A -12P • Wii Work Out 1 - 3P • Computadoras en Español 9:30 - 11:30A ⇒ <u>Hi-Cap</u> Appt. Only</p>	<p>22) Lite Moves 9 - 9:30A • Bingo 1:30 - 4:30P • SBC Dept. of Health 9:30 - 11:30A</p>	<p>23) Lite Moves 9 - 9:30A • Knitting and Crocheting 9:30 - 11:30A • Craft Club 12:30 - 2:30P • <u>Global Affair</u> 6 - 9P</p>
<p>26) Lite Moves 9 - 9:30A • Yoga 10 - 11A • Cinema Club 12:30 - 2:30P</p>	<p>27) Lite Moves 9 - 9:30A • Walking Club 10 - 11A ⇒ AARP en Español 9A - 1P</p>	<p>28) Lite Moves 9 - 9:30A • Chair Yoga /Yoga 9:30 - 10:30A /11A - 12P • Wii Work Out 1 - 3P</p>	<p>29) Lite Moves 9 - 9:30A • Bingo 1:30 - 4:30P ⇒ AARP en Español 9A - 1P</p>	<p>30) Lite Moves 9 - 9:30A • Knitting and Crocheting 9:30 - 11:30A • Craft Club 12:30 - 2:30P • <u>Music by Linda</u> 6 - 9P</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

◇ 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:
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
Date: September 12, 2016
Time: 9:45A - 12P
- ◇ SBC Dept. of Health
9:30 - 10:30A for 6 Weeks
- ◇ SBC Inland County Legal Services
September 19, 2016
9 - 11:30A by Appt. only



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



September



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

Center Hours : 8A - 8P

Monday—Friday

Program Guide