



**CITY OF YUBA CITY SENIOR CENTER  
APRIL 2024 SCHEDULE**

777 Ainsley Ave. (530) 822-4608 Open Mon-Fri 8am-4pm

Register in-person or online [www.yubacity.net/registration](http://www.yubacity.net/registration)

Program	Days	Dates	Time	Fee		Room
				Resident	Non-Res	
Pottery Open Studio	Monday	Apr 1 – Apr 29	1:00pm - 4:00pm	\$36	\$40	Art
Ceramics	Wednesday	Apr 3 – Apr 24	9:00am - 12:00pm	\$20	\$22	Art
Knitting	Tuesday	Ongoing	10:00am-12pm	Activity Card		Art
Watercolor Open Studio	Friday	Ongoing	9:00am - 12:00pm	Activity Card		Art
Arts & Crafts Open Studio	Friday	Ongoing	12:30-3pm	Activity Card		Art
Quilting	Friday	Ongoing	9:00am - 11:00am	Activity Card		Bingo
Line Dancing	Monday & Wednesday	Ongoing	10:00am - Noon	Activity Card		Fitness
Beginner Line Dance	Thursday	Ongoing	11:45am-1:00pm	Activity Card		Fitness
Fitness after 50	Tuesday & Thursday	Apr 2 – Apr 30	10:30am - 11:30am	\$27	\$30	Fitness
Yoga Balance	Tuesday & Thursday	Apr 2 – Apr 30	9:30am-10:15am	\$27	\$30	Fitness
Yoga	Tuesday & Thursday	Apr 2 – Apr 30	8:15am - 9:15am	\$45	\$50	Fitness
Tai Chi	Friday	Apr 12 - Apr 26	10:00-11:00am	\$15	\$17	Fitness
Bingo	Friday	Apr 5, 12, 19, 26	Sales Open- 4:30-5:50pm Bingo Starts @ 6pm	\$10 buy-in		Bingo
Smartphone Help	Wednesday	iphone – Apr 3 Android – Apr 10	11am-12pm	Free, sign-up at front desk		Game
Pinochle	Mon, Tues, and/or Fri	Ongoing	11:30am-3:30pm	Activity Card		
Hand & Foot	Wednesday	Ongoing	10:30am-3:00pm	Activity Card		Bingo
Bridge	Tuesday & Friday	Ongoing	11:30am-3pm	Activity Card		Game
Poker	Tuesday	Ongoing	12:00pm	Activity Card		Poker
Rummikub	Thursday	Ongoing	12:30-3pm	Activity Card		Game
Writer's Workshop	2nd/4th Mondays	4/8 & 4/22	10:00-11:30am	Activity Card		Game

# DO YOU HAVE **concerns** about falling?



Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

**This program emphasizes practical strategies to manage falls.**

**YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

**WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**Join us on Thursday,  
May 9<sup>th</sup> at 10:00AM at  
Yuba City Senior  
Center**

Classes are held in-person for 2 hours each week for 8 weeks.

- Session 1 5/9
- Session 2 5/16
- Session 3 5/23
- Session 4 5/30
- Session 5 6/6
- Session 6 6/13
- Session 7 6/20
- Session 8 6/27

Class is free of charge.

**Register with the Site Coordinator**

**PROGRAM INCLUDES:**

- Cooking demonstrations each session
- Access to Dietitian
- Food labels
- Meal planning
- Food budgeting
- Healthy cooking with fruits and vegetables



**FOOD SMARTS**

**Thursdays:  
April 4<sup>th</sup> - May 2<sup>nd</sup>**

10:30AM-12PM



*Join us!*

**Waffle Wednesdays**

**Last Wednesday of the Month**

**9:00AM –10:00AM**

**FREE BREAKFAST**

**All Welcome!**

