## ACTIVITIES

**Lunch Reservations: 928-774-2606**

### 2019

**COCONINO COUNTY**  
**SENIOR NUTRITION PROGRAM**  
**245 N THORPE ROAD**

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
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<td><strong>2</strong></td>
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</tbody>
</table>
| Happy Labor Day! Center Closed | 9:30 Lil Music Makers  
10:00 Bridge Lessons  
**12:00 Lunch**  
12:30 Cribbage  
1:15 Duplicate Bridge  
1:30 Wisdom Seekers  
1:30 Bunco  
5:00 Table Tennis Club  
5:30 Mixed Level Yoga | 8:30 Senior Stretch  
9:30 Little Music Makers  
10:45 Chair Yoga  
11:15 Social Bingo  
**12:00 Lunch**  
1:00 Dominos/Scrabble  
1:30 Writing Group  
2:00 Stand Tall, Don’t Fall  
5:00 Table Tennis Club | 10:45 Chair Yoga  
10:30 Beginning Spanish  
**12:00 Lunch**  
1:00 Party Bridge  
3:00 Guitar Lessons | 8:30 Senior Stretch  
10:00 Tai Chi  
11:00 Tap Dance  
**12:00 Lunch** |
| **9** | **10** | **11** | **12** | **13** |
| 8:30 Senior Stretch  
10:00 Open Studio  
**12:00 Lunch**  
1:00 Party Bridge  
1:00 Sewing Club  
6:30 Folk Dance | 9:30 Lil Music Makers  
10:00 Bridge Lessons  
**12:00 Lunch**  
12:30 Cribbage  
1:15 Duplicate Bridge  
1:30 Bunco  
5:00 Table Tennis Club  
5:30 Mixed Level Yoga | 8:30 Senior Stretch  
9:30 Little Music Makers  
10:45 Chair Yoga  
11:15 Social Bingo  
**12:00 Lunch**  
1:00 Dominos/Scrabble  
1:30 Writing Group  
2:00 Stand Tall, Don’t Fall  
5:00 Table Tennis Club | 10:45 Chair Yoga  
10:30 Beginning Spanish  
**12:00 Lunch**  
1:00 Party Bridge  
3:00 Guitar Lessons | 8:30 Senior Stretch  
10:00 Tai Chi  
11:00 Tap Dance  
**12:00 Lunch** |
| **16** | **17** | **18** | **19** | **20** |
| 8:30 Senior Stretch  
10:00 Open Studio  
**12:00 Lunch**  
1:00 Party Bridge  
1:00 Sewing Club  
6:30 Folk Dance | 9:30 Lil Music Makers  
10:00 Bridge Lessons  
10:30-12:30 Flu Shots  
**12:00 Lunch**  
1:15 Cribbage  
1:20 Duplicate Bridge  
1:30 Bunco  
5:00 Table Tennis Club  
5:30 Mixed Level Yoga | 8:30 Senior Stretch  
9:30 Little Music Makers  
10:45 Chair Yoga  
11:15 Social Bingo  
**12:00 Lunch**  
1:00 Dominos/Scrabble  
1:30 Writing Group  
2:00 Stand Tall, Don’t Fall  
5:00 Table Tennis Club | 10:30 Beginning Spanish  
11:00 Cooking Class  
**12:00 Lunch**  
1:00 Party Bridge  
3:00 Guitar Lessons  
5:30 Photography Club | 8:30 Senior Stretch  
10:00 Tai Chi  
11:00 Tap Dance  
**12:00 Lunch** |
| **23** | **24** | **25** | **26** | **27** |
| 8:30 Senior Stretch  
10:00 Open Studio  
**12:00 Lunch**  
1:00 Party Bridge  
1:00 Sewing Club  
6:30 Folk Dance | 9:30 Lil Music Makers  
10:00 Bridge Lessons  
**12:00 Lunch**  
12:30 Cribbage  
1:15 Duplicate Bridge  
1:30 Bunco  
5:30 Mixed Level Yoga | 8:30 Senior Stretch  
9:30 Little Music Makers  
10:45 Chair Yoga  
11:15 Social Bingo  
**12:00 Lunch**  
1:00 Dominos/Scrabble  
1:30 Writing Group  
2:00 Stand Tall, Don’t Fall  
5:00 Table Tennis Club | 10:45 Chair Yoga  
10:30 Beginning Spanish  
**12:00 Lunch**  
1:00 Party Bridge  
3:00 Guitar Lessons | 8:30 Senior Stretch  
10:00 Tai Chi  
11:00 Tap Dance  
**12:00 Lunch** |
| **30** | | | | |

“Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request. Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities.”