

San Pablo Senior Center Daily Activities – 1943 Church Lane, San Pablo || 510-215-3090

* The lunch program fee is a suggested donation of \$2 for adults ages 60+. Adults under 59 years of age must pay \$5.

MONDAY – All programs take place at Senior Center, unless otherwise noted.		
8am-5pm	Billiards	\$1
9am-11am	Nintendo Wii	Free
10am-11am	Strength & Balance at Maple Hall	\$1
11am-12pm	Tai Chi Exercise Class at Maple Hall	Free
10am-1pm	Blood Pressure Checks (1 st & 3 rd Mondays)	Free
11:30am-12:30pm	Lunch/Nutrition Program*	\$2 -\$5
1pm-3pm	Tea Dance	\$1
TUESDAY		
8am-5pm	Billiards	\$1
9am-noon	Haircuts with Josefina	\$7
10am-11am	Low Impact Aerobics at Maple Hall	\$1
11:30am-12:30pm	Lunch/Nutrition Program*	\$2-\$5
1pm-3pm	Movie Tuesdays	\$1
1pm-3pm	Senior Peer Counseling (Spanish)	By appt. only
WEDNESDAY		
8am-5pm	Billiards	\$1
9am-11am	Nintendo Wii	Free
9am-3pm	Paratransit Interviews (by appt only)	1.800.555.8085
11:30am-12:30pm	Lunch Nutrition/Program*	\$2- \$5
1pm-4pm	Bingo at Maple Hall	Varies
1pm-3pm	Computer Tutoring (by appt. only)	Free
2pm-3:30pm	Tai Chi Exercise Class	Free
THURSDAY		
8am-5pm	Billiards	\$1
9am-noon	Haircuts with Josefina	\$7
10am-11am	Strength & Balance at Maple Hall	\$1
11:30am-12:30pm	Lunch Nutrition/Program*	\$2- \$5
1pm-3:30pm	Pinochle Card Game	Varies
1pm-4pm	Mah Jongg (American Style)	\$1/\$2
1pm-3pm	Senior Peer Counseling (English)	By appt. only
FRIDAY		
8am-5pm	Billiards	\$1
8am to 11am	Wills Clinic (2 nd Friday of the month)	Need appt.
9am to 12 noon	Foot/Hand Services (3 rd Friday of the month)	\$5 each
10am to 11am	Senior Food Bank Program (1 st & 3 rd Fridays)	Must apply first
10am to 11:30am	Bingo at Davis Park Senior Center	Varies
11:30am-12:30pm	Lunch Nutrition/Program*	\$2- \$5
1pm-3:30pm	Pinochle Card Game	Varies
1pm-4pm	NEW!!! Chinese Mah Jongg	\$1/\$2
1pm-3pm	Computer Tutoring (by appt. only)	Free
1pm-3pm	Arts & Crafts (2 nd or 3 rd Friday of the month)	\$2
5pm- 8:30pm	Friday Night Dancing (1 st & 3 rd Fridays)	Free
SATURDAY		
10:00AM – 4:00PM	Bingo at Senior Center	Varies

*Activity times and dates are subject to change without notice. *