

## West Slope and South Lake Tahoe Weekly Activities

Locations	Monday	Tuesday	Wednesday	Thursday	Friday
<b>PLACERVILLE</b> Senior Center 937 Spring Street Placerville 530-621-6150	<b>10 am</b> Foothill Gourders (2nd & 4th) <b>10:30 am</b> Poetry in Motion (3rd) <b>10:30 am</b> Poetic License (2nd) <b>10:30 am</b> Yoga <b>11:45 am</b> Strength Training Class	<b>7:30 am</b> Fitness Class <b>9:30 am</b> Art Time (Pville Arts) <b>10:00 am</b> Open Game Time	<b>10 am</b> Ceramics <b>9:30 am</b> Basketry Group <b>10:30 am</b> Yoga <b>11:45 am</b> Yoga <b>12 pm</b> Blood Pressure Checks (1st) <b>1:00 pm</b> Scrabble Group <b>1:30 pm</b> Sewing Guild (1st Wed) <b>1:30 pm</b> Zumba <b>2 pm</b> Pottery Class	<b>7:30 am</b> Fitness Class <b>9 am</b> Closely Knit Group <b>9 am</b> Pottery Class <b>11am</b> Spanish Conversation Group <b>1 pm</b> Technology Workshop (2nd) <b>2 pm</b> Pottery Class	<b>8 am</b> Yoga-Fitness <b>9 am</b> Hangtown Quilters <b>10:30 am</b> Chess Club <b>1 pm</b> Movie of the Month (3rd) <b>1 pm</b> Oil Painting <b>1 pm</b> Bingo (1st) <b>1:30 pm</b> My Time Support Group (1st)
<b>SOMERSET</b> Pioneer Park 6740 Fairplay Road	<b>9:30-10:30 am</b> Exercise Class		<b>9:30-10:30 am</b> Exercise Class		<b>9:30-10:30 am</b> Exercise Class
<b>EL DORADO HILLS</b> Senior Center 990 Lassen Lane 916-614-3200	<b>8:05 am</b> Morning Workout Group <b>9 am</b> Think You Can't Exercise <b>10 am</b> Mid-Morning Chair Yoga <b>10 am</b> Painting Pals <b>1 pm</b> Bingo, Bridge	<b>8:05 am</b> Morning Workout Group <b>10 am</b> Mid-Morning Chair Yoga <b>10 am</b> Knit/Crochet Group <b>11 am</b> Cribbage <b>12:30 pm</b> Mahjong <b>1:30 - 2 pm</b> Yahoo Yoga	<b>8:05 am</b> Morning Workout Group <b>9 am</b> Think You Can't Exercise <b>10 am</b> Wii Bowling & Sienna <b>10 am</b> Pinochle <b>1 pm</b> Bridge <b>4 pm</b> Cribbage	<b>8:05 am</b> Morning Workout Group <b>9 am</b> Beginning Spanish <b>10 am</b> Mid-Morning Chair Yoga <b>12:30 pm</b> Hand and Foot <b>1 pm</b> Bingo <b>1:30 - 2 pm</b> Yahoo Yoga	<b>8:05 am</b> Morning Workout Group <b>9 am</b> Think You Can't Exercise <b>9:30 am</b> Intermediate Spanish <b>10 am</b> Mid-Morning Chair Yoga
<b>GEORGETOWN</b> Community Center 6329 Lower Main Street 530-333-4000	<b>SATURDAY (2nd) at 12:00 pm</b> Conversation and Support. Join us for tea, conversation, and support anytime between 12:00 - 2:00 pm. <b>SATURDAY (4th) at 3:00 pm</b> Grief Support Group (not age specific, open to anyone experiencing the loss of a loved one). Call (530) 457-7335 for more information.				
<b>POLLOCK PINES</b> Community Center 2645 Sanders Drive 530-647-8005		<b>5:15 pm</b> Dinner and BINGO			
<b>CAMERON PARK</b> Community Center 2502 Country Club 530-677-2231	<b>9 am</b> Modified Zumba	<b>9 am</b> Tai Chi <b>10am</b> Senior Social Time	<b>9 am</b> Quilters Club	<b>9 am</b> Modified Zumba <b>10 am</b> Senior Social Time	
<b>SOUTH LAKE TAHOE</b> Senior Center 3050 Lake Tahoe Blvd 530-600-0393	<b>11 am</b> Shanghai Rummey	<b>11 am</b> Mexican Train <b>1 pm</b> Bridge	<b>1:15 pm</b> Social Bingo		<b>1 pm</b> Bridge

Classes and activities may be canceled without prior warning due to weather, sickness, etc. Attendees are encouraged to call the activity location to confirm class date/time.

Last updated January 2025

