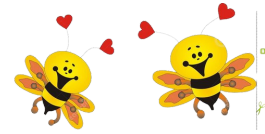




Activities are provided free of charge unless indicated
PLEASE REGISTER AT RECEPTION DESK

CORONA SENIOR CENTER

August



Senior Travel Program

Tuesday

August 15

8:00 am- 6:30 pm

\$85 Per Person

SOLD OUT

SPEND THE DAY
IN
SAN DIEGO

PICK UP AND DROP OFF AT CIRCLE CITY CENTER

Corona Senior Center Staff

Lydia Bouroumand

Program Coordinator

Elaina Toth

Assistant Recreation

Coordinator

Alex Padayao

Senior Community

Service Leader

Daniela Portillo

Senior Community

Service Leader

Jamie Cechini

Community Service

Leader

Fatima Ghazzoul

Community Service

Leader

Neda Gogani

Community Service

Leader

David Kang

Community Service

Leader

Amal Mahran

Community Service

Leader

Julia Monir

Community Service

Leader

Jacky Wilson

Community Service

Leader

Penny Williams

Community Service

Leader

LUNCH

Monday-Friday

at 12:00pm

First come, first served.

For any question regarding lunch,

please call

951- 739- 4966



Corona Senior Center

921 South Belle Avenue

Corona, CA 92882

(951) 736-2363

www.CoronaCA.gov

Hours of Operation

Monday - Thursday:

9:00am to 6:00pm

Friday: 9:00am to 3:30pm

Closed: Saturdays & Sundays



Thank You To Our Sponsors

AARP. AmCare Pharmacy. C & C Family Insurance. California Phones. Citrus Valley Medical. 211, Community Action Partnership, Community Connect. Corona Dial-A-Ride. Corona Fire Department. Corona Police Department. Corona Public Library. Dr Rios Clinica Medica Familiar. Estancia Del Sol. Feeding America. HICAP. InnovAge. JAR Insurance. L's Grill. Mark Lansing Attorney At Law. Mint Insurance. MV Transportation. RCTC. SBHIS. Sodexo. VNA Hospice.

Welcome
AUGUST



August



MONDAY

9:00am	Pilates
9:15am	Men's Exercise
9:30am	Party Bridge
10:00am	Women's Exercise
12:00pm	Lunch
1:00pm	Balance and Flexibility
2:00pm	Bingo

TUESDAY

9:00am	Arthritis Exercise
9:00am	Mixed Media
10:00am	Cardio with Dumbbells
11:00am	Line Dance (Beginner)
12:00pm	Lunch
1:00pm	Longevity Stick
2:00pm	Tai-Chi
2:00pm	Knit-Crochet

WEDNESDAY

9:15am	Men's Exercise
9:00am	Hispanic Social Circle
10:00am	Ladies Card Club
10:00am	Line Dance Imp/Int
12:00pm	Lunch
1:00pm	Beginning Crochet
2:00pm	Tai Chi
2:30pm	Movie Matinee

THURSDAY

9:00am	Arthritis Exercise
9:00am	Party Quilters
9:00am	Illusion of Living
10:00am	Strong Chair Exercise
10:40am	Cardio Dance/ Zumba
12:00pm	Lunch
1:00pm	Longevity Stick
2:00pm	Grief Support Group

FRIDAY

9:00am	Mixed Media
9:00am	Beginning Quilting
9:30am	Balance & Flexibility
12:00pm	Lunch
1:30pm	Bingo

SATURDAY

Classes Listed in the Columns to the Left Occur Every Week on the Days/Times Shown.

CLOSED SATURDAYS & SUNDAYS



01

11:00am Legal Services *Appt. Required*
Sponsored by Mark Lansing Esq. Law Steady

1:00pm Women's Improvement Bridge

No Cardio with Dumbbells

02

9:30am Glucose Testing
Sponsored by Citrus Valley Medical

12:00pm HICAP
Health Insurance Counseling Advocacy Program
Appt. Required

03

No Cardio with Dumbbells
No Cardio Dance/Zumba

04

10:00am Computer Basics
Pre-Registration Required

12:15pm Birthday Celebration

05

07

2:00pm Bingo
Sponsored by Clinica Medica Familiar

08

9:00am-11:00am Library Lounge

11:00am Computer Basics
Pre-Registration Required

No Cardio with Dumbbells

09

12:15 pm Healthy Aging/Eating Presentation
Sponsored by Mint Insurance

10

12:30pm Peach Cobbler Social
Sponsored by L's Grill

No Cardio with Dumbbells
No Cardio Dance/Zumba

11

1:30pm Bingo
Sponsored by Estancia Del Sol

12

14

No Sight Seekers

15

8:00am Senior Travel Program
Spend the Day in San Diego

9:30am C.S.S.P. Food Program
Sponsored by Community Action Partnership

1:00pm Women's Improvement Bridge

No Line dance

16

9:30am Blood Pressure Screening
Sponsored by Citrus Valley Medical

10:00am-11:00am Summer Craft
Pre-Registration Required
Sponsored by SBHIS

12:15pm Presentation
DOC Talk "Depression"
Sponsored by JAR Insurance

17

9:30am Information Table
California Phones

18

10:30am Computer Basics
Pre-Registration Required

12:30-2:30pm Luau
Sponsored by C&C Family Insurance- L's Grill
Pre-Registration Required
Center will be closed at 11:00 am for special event set up
No Bingo

19

21

2:00pm Bingo
Sponsored by Clinica Medica Familiar

22

23

9:30am Blood Pressure Screening
Sponsored by Citrus Valley Medical

12:15 pm Presentation
Sponsored by C&C Family Insurance

24

1:00pm Photography Club

25

10:00am Computer Basics
Pre-Registration Required

12:00pm Nutrition Class

Pre-Registration Required

1:30pm Bingo
Sponsored by C&C Family Insurance

26

28

No Women's Exercise
No Pilates

29

30

12:15 pm Presentation
Sponsored by InnovAge

31

9:00am-11:00am Farmers Market Voucher
Sponsored by Riverside County office on Aging

August Movies Wednesdays 2:30

