# city of COPONA

Activities are provided free of charge unless otherwise indicated

PLEASE REGISTER AT RECEPTION DESK





# CORONA SENIOR CENTER



Staff Lydia Bouroumand **Program Coordinator Elaina Toth** Assistant Recreation Coordinator Alex Padayao Senior Community Service Leader Cassandra Lopez Senior Community Service Leader **Amal Mahran** Senior Community Service Leader Jacky Wilson Senior Community Service Leader **Fatima Ghazzoul** Community Service Leader Neda Gogani Community Service Leader **David Kang** Community Service Leader Julia Monir Community Service Leader Claudia Romero Community Service Leader **Penny Williams** Community Service Leader



## **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. Alpha Care. 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. HICAP. JAR Insurance. Law Steady. L's Grill. Mint Insurance. MV Transportation. Neighborhood Healthcare PACE. RCTC. Sam's Club. SBHIS. Sodexo. Thee- Lish- Us. VNA Hospice.



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	
2:00nm- 3:30nm	Bingo	

### TUESDAY 9:00am Arthritis Exercise 9:00am-12:00am **Mixed Media** 10:00am (Dark until Jan.) Combination Ex. 12:00pm Lunch 1:00pm **Longevity Stick** 2:00pm-3:30pm Tai-Chi 2:00pm-4:00pm **Knit-Crochet** 4:00pm-5:30pm Line dance(Beg.)

WEDNESDAY		
9:00am	Hispanic Social Circle	
9:15am	Men's Exercise	
10:00am-12:00pm	Ladies Card Club	
10:00am-11:30am	Line Dance Imp/Int	
12:00pm	Lunch	
1:00pm-3:00pm	<b>Beginning Crochet</b>	
2:00pm-3:30pm	Tai Chi	

THURSDAY	
9:00am	Arthritis Exercise
9:00am-11:15am	Party Quilters
9:00am-11:15am	Illusion of Living
10:00am (Dark until Jan.)	Combination Ex.
12:00pm	Lunch
1:00pm	Longevity Stick
2:00pm G1	rief Support Group

02

23

30

FRIDAY		
9:00am-12:00pm	Mixed Media	
9:00am-11:15am	Beginning Quilting	
9:30am	Balance & Flexibility	
12:00pm	Lunch	
1:30pm-2:30pm	Bingo	



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

**CLOSED SATURDAYS & SUNDAYS** 





No Grief Support No Combination Exercise

03 10:30am **Computer Basics** 12:15pm Birthday Celebration Sponsored by Alpha Care 1:30pm Bingo Sponsored by Thomas Miller Mortuary Crematory

04

06

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

07

1:00pm Women's Improvement Bridge No Combination Exercise

80 12:15pm Presenta
DOC Talk Q&A with Dr. Maritza Harrison Presentation Sponsored by JAR Insurance

09 Information Table 9:30am Sponsored by Mint Insurance



13

Sponsored by Corona Hills Physical Therapy

2:00pm

Library Lounge 9:00am-11:00am

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

12:30pm Thanksgiving Feast at CCC Sponsored by Estancia Del Sol

No Combination Exercise 16

17 1:30pm Bingo 18

2:00pm Bingo Sponsored by Neighborhood Health Care PACE

No Combination Exercise

21

28

No Combination Exercise

10:30am **Computer Basics** 

Closed



20

At 9:00am **Holiday Party Tickets Go on Sale**  9:30am C.S.F.P. Food Program Sponsored by Community Action Partnership

1:00pm Women's Improvement Bridge No Combination Exercise

22 9:30am Blood Pressure Screening Sponsored by Citrus Valley Medical

12:00 pm Presentation Medicare Plans Sponsored by Scan

Closed

Sponsored by Alpha Care

27

No Combination Exercise

29

15

No Combination Exercise



24



25