



**CITY OF YUBA CITY SENIOR CENTER
MARCH 2024 SCHEDULE**

777 Ainsley Ave. (530) 822-4608 Open Mon-Fri 8am-4pm
Register in-person or online www.yubacity.net/registration

Join us!
Collette Travel Presentation
Thursday, March 21
10:00am

Program	Days	Dates	Time	Fee	Room
				Resident/Non-Res	
Pottery Open Studio	Monday	Mar 4 – Mar 25	1:00pm - 4:00pm	\$36/\$40	Art
Ceramics	Wednesday	Mar 6 – Mar 27	9:00am - 12:00pm	\$20/\$22	Art
Knitting	Tuesday	Ongoing	10:00am-12pm	Activity Card	Art
Watercolor Open Studio	Friday	Ongoing	9:00am - 12:00pm	Activity Card	Art
Arts & Crafts Open Studio	Friday	Ongoing	12:30-3pm	Activity Card	Art
Quilting	Friday	Ongoing	9:00am - 11:00am	Activity Card	Bingo
Line Dancing	Monday & Wednesday	Ongoing	10:00am - Noon	Activity Card	Fitness
Beginner Line Dance	Thursday	Ongoing	11:45am-1:00pm	Activity Card	Fitness
Fitness after 50	Tuesday & Thursday	Mar 5 – Mar 28	10:30am - 11:30am	\$24/\$27	Fitness
Body Toning	Wednesday	Mar 6—Mar 27	8:30am-9:30am	\$12/\$15	Fitness
Yoga Balance	Tuesday & Thursday	Mar 5 – Mar 28	9:30am-10:15am	\$24/\$27	Fitness
Yoga	Tuesday & Thursday	Mar 5 – Mar 28	8:15am - 9:15am	\$40/\$45	Fitness
Tai Chi	Friday	Mar 1 - Mar 29	10:00-11:00am	\$25/\$28	Fitness
Bingo	Friday	Mar 1, 8, 15, 22, 29	Sales Open- 4:30-5:50pm Bingo Starts @ 6pm	\$10 buy-in	Bingo
Smartphone Help	Wednesday	iphone – Mar 6 Android – Mar 13	11am-12pm	Free, sign-up at front desk	Game
Pinochle	Mon, Tues, and/or Fri	Ongoing	11:30am-3:30pm	Activity Card	
Hand & Foot	Wednesday	Ongoing	10:30am-3:00pm	Activity Card	Bingo
Bridge	Tuesday & Friday	Ongoing	11:30am-3pm	Activity Card	Game
Poker	Tuesday	Ongoing	12:00pm	Activity Card	Poker
Rummikub	Thursday	Ongoing	12:30-3pm	Activity Card	Game
Writer's Workshop	2nd/4th Mondays	3/11 & 3/25	10:00-11:30am	Activity Card	Game



FOR MORE INFORMATION ON SENIOR CENTER PROGRAMS & EVENTS CALL (530) 822-4608



St. Patrick's Day Potluck Lunch

**THURSDAY, MARCH 14TH
12:00-1:30PM**

SENIOR CENTER WILL PROVIDE THE CORNED BEEF, CABBAGE,
POTATOES & ROLLS

PLEASE BRING: A SIDE DISH OR DESSERT

FEE: CURRENT ACTIVITY CARD

GUESTS: LIMIT 1 GUEST, \$10

SIGN-UP AT FRONT DESK BY: FRIDAY, MARCH 8TH 4PM



Join us!

Waffle Wednesdays

Last Wednesday of the Month

9:00AM –10:00AM

FREE BREAKFAST

All Welcome!



DIABETES EMPOWERMENT EDUCATION PROGRAM



**WE CAN HELP YOU
TAKE CONTROL OF
YOUR DIABETES!**

Do you or someone you love have diabetes? Our program encourages small lifestyle changes while learning about your diabetes and the way it affects your health. Have fun with friends and family while learning how to manage diabetes through better nutrition and physical activity. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

TOPICS INCLUDE:

- What is diabetes & what you need to know?
- What can you eat?
- Move-It! Get your Cha-Cha on!
- Diabetes medication, herbs & more.
- Keep your diabetes in check.
- Learn about the effects on your eyes, teeth, toes & feet.

PROGRAM DETAILS

Where: Senior Center
777 Ainsley Ave, Yuba City, CA 95991

Time: 1pm-3pm

Date: March 6th - April 24th

Taught by Yesenia Mendoza & Christa McCauley

For more information call (530) 822-7215

Email at HealthEd@co.sutter.ca.us

