

Cora Coleman Senior Center

2100 Bonnie Lane • 89156
 455-7617 • TDD: 1-800-326-6868
 Monday - Friday • 7:30 a.m. – 5:00 p.m.

Kelly Salyer, Program Supervisor



Arts & Crafts

Sewing

Tuesday 1:00 – 2:00 p.m. Free 2905.702

Computers

Basic Computer

Mon/Wed 1:00 – 2:00 p.m. \$37 2922.701

Intermediate Computer

Mon/Wed 2:00 – 3:00 p.m. \$37 2922.702

Private Computer Lessons

Mon – Fri \$19 2922.703

All lessons are by appointment. Time and days are arranged directly with the computer instructor, who is bilingual. Call for an appointment.

Dance

Ballroom Dance

Tues/Thurs 1:00 – 2:00 p.m. \$37 2915.705

Line Dancing (Beg)

Wednesday 2:00 – 3:00 p.m. Free 2915.701

Line Dancing (Int)

Tuesday 11:30 – 12:30 p.m. Free 2915.702

Line Dancing (Adv)

Monday 2:00 – 3:00 p.m. Free 2915.703

Tap Dancing

Wednesday 3:00 – 4:00 p.m. Free 2915.704

Exercise & Fitness

Aerobics (Low Impact)

Tues/Thurs 10:00 – 11:00 a.m. \$37 2925.701

Chair Aerobics

Mon/Wed/Fri 10:00 – 11:00 a.m. Free 2925.702

Strength & Stretch

Thursday 11:30 – 12:30 p.m. \$26 2925.705

Tai Chi

Mon/Wed 8:00 – 9:00 a.m. \$37 2925.706

Yoga

Tues/Thurs 8:00 – 9:00 a.m. \$37 2925.703

Language

The purchase of a language book is required for language classes.

Spanish (Beg)

Wednesday 10:00 – 11:00 a.m. Free 2970.701

Spanish (Adv)

Wednesday 11:00 – 12:00 p.m. Free 2970.702

Field Trips

Call us at 455-7617 to find out about more upcoming field trips. Pre-registration is required at least one week in advance. Space is limited so register early.

Fitness Center

Membership fees: \$2 a day, \$10 a month, or \$70 a year. The fitness center comes complete with cardiovascular equipment and resistance machines.

Guest Speakers

Please call 455-7617 for information about upcoming guest speakers. Presentations are free and range from health and wellness, community senior programs, home improvements, and senior law.

Social Clubs

Bridge	Thursday	1:00 p.m.	Free
Canasta	Thursday	10:00 a.m.	Free
Pinochle	Wednesday	1:00 p.m.	Free
Pickleball	Tues/Thurs	11:30 a.m.	Free
Pool Challenge	Monday - Friday	8:00 a.m.	Free
Scrabble	Tuesday	12:30 p.m.	Free
Shuffleboard	2nd & 4th Friday	11:30 a.m.	Free
Texas Hold 'Em			
Poker	Friday	1:00 p.m.	Free

Special Events

September 11

Luncheon for Grandparents

12:00 – 1:00 p.m. \$3 2970.702

Bring your grandchildren in for a light lunch and entertainment.

Sept. 15, Oct. 13, Nov. 10, Dec. 10

Bingo

Monday 1:00 p.m. Free

Sept. 15, Oct. 6, Oct. 27, Nov. 17, Dec. 8

Words on Wheels

Monday 11:00 a.m. Free

Books, movies, and music can be checked by the traveling Library Van.

Sept. 24, Oct. 22, Nov. 19, Dec. 17

Movie Matinee

Wednesday 1:00 p.m. Free

Enjoy a movie with friends at the center. Please bring your own snacks.

Sept. 29 - 30, Nov. 24 - 25

AARP Defensive Driving Course

Mon & Tues 9:00 – 1:00 p.m. 2970.720

The AARP Defensive Driving Course offers a refresher course in the basic mechanics of driving. Defensive driving techniques under a variety of adverse conditions are highlighted. Bring a \$10 check made out to AARP for instructor before the class begins.

September 30

Senior Prom

Tuesday 4:00 – 6:00 p.m. \$5 2960.705

It's the Cora Coleman Senior Prom, and you know what that means – put on your dancing shoes and get ready to dance the night away! Dress your best for an exciting night and enjoy great entertainment and food.

October 23

Halloween Hoopla

Thursday 4:00 – 6:00 p.m. \$5 2960.703

Wear your spookiest/most original costume and join us for our Halloween Hoopla. Food and entertainment are included.

November 18

Happy Thanksgiving Dinner

Tuesday 4:00 – 6:00 p.m. \$5 2960.801

It's Turkey Day at Cora Coleman Senior Center! Enjoy a Thanksgiving dinner as well as entertainment.

December 16

Holiday Party

Tuesday 4:00 – 6:00 p.m. \$5 2960.802

Spend a holiday evening with good friends at Cora Coleman Senior Center. It's going to be a "holly, jolly" time with great entertainment and food.