

# 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

### Arts and Crafts Specialties

Monday 12:15 – 1:15 p.m. \$18 2905.401

## Computers

### Basic Computer

Mon/Wed 1:00 – 2:00 p.m. \$25 2922.401

### Intermediate Computer

Mon/Wed 2:00 – 3:00 p.m. \$25 2922.402

## Dance

### Ballroom Dance (Beg)

Tues/Thurs 12:30 – 1:30 p.m. \$25 2915.405

### Ballroom Dance (Adv)

Tues/Thurs 1:30 – 2:30 p.m. \$25 2915.406

### Line Dancing (Beg)

Wednesday 2:00 – 3:00 p.m. Free 2915.401

### Line Dancing (Int)

Tuesday 11:30 – 12:30 p.m. Free 2915.402

### Line Dancing (Adv)

Monday 2:00 – 3:00 p.m. Free 2915.403

### Tap Dancing

Wednesday 3:00 – 4:00 p.m. Free 2915.404

## Exercise & Fitness

### Aerobics (Low Impact)

Tues/Thurs 10:00 – 11:00 a.m. \$25 2925.401

### Chair Aerobics

Mon/Wed/Fri 10:00 – 11:00 a.m. Free 2925.402

### Yoga

Tues/Thurs 8:00 – 9:00 a.m. \$25 2925.403

### Self Defense for Seniors

TBA TBA TBA 2925.404

### Strength & Stretch

Thursday 11:30 – 12:30 p.m. \$18 2925.405

### Tai Chi

Mon/Wed 8:00 – 9:00 a.m. \$25 2925.406

## Language

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

### Spanish (Beg)

Wednesday 10:00 – 11:00 a.m. Free 2970.401

### Spanish (Adv)

Wednesday 11:00 a.m. – Noon Free 2970.402

## 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.

June 9

### Trip Venetian

Monday 9:30 – 1:00 p.m. \$17

Cost includes gondola ride. Come visit the Venetian.

July 21

### Eiffel Tower Ride

Monday 9:30 – 1:00 p.m. \$9

Cost includes ride on the Eiffel Tower. Come join us at The Paris for a ride to the top of the Eiffel Tower.

## 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

June 18

### Diabetes and You

Wednesday 11:30 – 1:00 p.m. Free

Presented By Dottie Stade R.N.

June 20

### Coffee Talk – General Legal Seminar

Monday 10:00 – 11:00 a.m. 50+ Free

Senior Law Office will discuss topics relative to seniors and the law. Refreshments will be served.

June 24

### You as a Consumer

Tuesday 10:00 – 11:00 a.m. Free

The senior law office will discuss the impact of Pay Day Loans. You will learn about protecting your credit and preventing Identity Theft.

August 20

### Diabetes and You

Wednesday 11:30 – 1:00 p.m. Free

Presented By Dottie Stade R.N.

## Social Clubs

Bridge Thursdays 1:00 p.m. Free

Canasta Thursday 10:00 a.m. Free

Pinochle Wednesday 1:00 p.m. Free

Pickle ball Mon/Wed 11:30 a.m. Free

Pool Challenge Mon – Fri 8:00 a.m. Free

Scrabble Tuesday 12:00 p.m. Free

Shuffleboard 2nd & 4th Friday 11:30 a.m. Free

Texas Hold 'Em Friday 1:00 p.m. Free

## Special Events

May 12, June 16, July 14 and August 25

### Bingo

Monday 1:00 p.m. Free

May 28, June 25, July 30 and August 27

### Movies

Wednesday 1:00 p.m. Free

May 7

### Mothers Day Appreciation Luncheon

Wednesday Noon \$3

Light lunch and entertainment

June 12

### Fathers Day Appreciation Luncheon

Thursday Noon \$3

Light lunch and entertainment

June 26

### Hawaiian Luau

Thursday 4:00 p.m. \$5

Enjoy traditional Hawaiian entertainment as well as dinner.

August 28

### Bad Taste BBQ

Thursday 4:00 p.m. \$3

Dress in your tackiest most uncoordinated outfit and enjoy dinner and entertainment.

