

West Slope and South Lake Tahoe Weekly Activities

Locations	Monday	Tuesday	Wednesday	Thursday	Friday
PLACERVILLE Senior Center 937 Spring Street Placerville 530-621-6150	10 am Foothill Gourders (2nd & 4th) 10:30 am Poetry in Motion (3rd) 10:30 am Poetic License (2nd) 10:30 am Yoga 11:45 am Strength Training Class	7:30 am Fitness Class 9:30 am Art Time (Pville Arts) 10:00 am Slow Stitching (Postponed until October 1st)	9 am Ceramics 9:30 am Basketry Group 10:30 am Yoga 11:45 am Yoga 12 pm Blood Pressure Checks (1st) 1:00 pm Scrabble Group 1:30 pm Sewing Guild (1st Wed) 1:30 pm Zumba 2 pm Pottery Class	7:30 am Fitness Class 9 am Closely Knit Group 9 am Pottery Class 11am Spanish Conversation Group 1 pm Technology Workshop (2nd) (Postponed until Sep 12th) 2 pm Pottery Class	8 am Yoga-Fitness 9 am Hangtown Quilters 10:30 am Chess Club 1 pm Movie of the Month (3rd) 1 pm Oil Painting 1:30 pm My Time Support Group (1st)
SOMERSET Pioneer Park 6740 Fairplay Road	9:30-10:30 am Exercise Class		9:30-10:30 am Exercise Class		9:30-10:30 am Exercise Class
EL DORADO HILLS Senior Center 990 Lassen Lane 916-614-3200	8:05 am Morning Workout Group 9 am Think You Can't Exercise 10 am Mid-Morning Chair Yoga 10 am Painting Pals 1 pm Bingo, Bridge	8:05 am Morning Workout Group 10 am Mid-Morning Chair Yoga 10 am Knit/Crochet Group 11 am Cribbage 12:30 pm Mahjong 1:30 - 2 pm Yahoo Yoga	8:05 am Morning Workout Group 9 am Think You Can't Exercise 10 am Wii Bowling & Sienna 10 am Pinochle 1 pm Bridge 4 pm Cribbage	8:05 am Morning Workout Group 9 am Beginning Spanish 10 am Mid-Morning Chair Yoga 12:30 pm Hand and Foot 1 pm Bingo 1:30 - 2 pm Yahoo Yoga	8:05 am Morning Workout Group 9 am Think You Can't Exercise 9:30 am Intermediate Spanish 10 am Mid-Morning Chair Yoga
GREENWOOD Community Center 4411 Hwy 193 530-885-9160	No Activities at this location				
POLLOCK PINES Community Center 2645 Sanders Drive 530-647-8005		5:15 pm Dinner and BINGO			
CAMERON PARK Community Center 2502 Country Club 530-677-2231	9 am Modified Zumba	9 am Tai Chi 10am Senior Social Time	9 am Quilters Club	9 am Modified Zumba 10 am Senior Social Time	
SOUTH LAKE TAHOE Senior Center 3050 Lake Tahoe Blvd 530-600-0393	11 am Shanghai Rummey	11 am Mexican Train 1 pm Bridge	1:15 pm Social Bingo		1 pm Bridge

Classes and activities may be canceled without prior warning due to weather, sickness, etc. Attendees are encouraged to call the activity location to confirm class date/time.

Last updated August 15, 2024