





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
	1 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 2:00p Bingo	2 9:30a T'ai Chi 11:30a Nutrition 12:30p Senior Cards 2-3:30p Line Dancing 6:00p City Council	3 11:30a Nutrition	4 11:30a Nutrition 12:30p Bingo 3-4:30p Line Dancing	5 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 12:30p Games	6
7	8 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 1:00p Bingo Fun Day	9 9:30a T'ai Chi 11:30a Nutrition 12:30p Senior Cards 2-3:30p Line Dancing	10 11:30a Nutrition	11 11:30a Nutrition 12:30p Bingo 3-4:30p Line Dancing	12 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 12:30p Games	13
14	15 9:00a Fun Club 11:30a Nutrition 1:00p Spring Potluck 2:00p Bingo No Fitness	16 9:30a T'ai Chi 11:30a Nutrition 12:30p Senior Cards 2-3:30p Line Dancing 6:00p City Council	17 11:30a Nutrition	18 11:30a Nutrition 12:00p Movie 3-4:30p Line Dancing	19 11:30a Nutrition 12:30p Games No Fitness	20
21 	22 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 1:00p Birthday Cake Bingo	23 9:30a T'ai Chi 11:30a Nutrition 12:30p Senior Cards 2-3:30p Line Dancing	24 11:30a Nutrition	25 10:00a Commission on Aging Meeting 11:30a Nutrition 12:30p Bingo 3-4:30p Line Dancing	26 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 12:30p Games	27 9am - 6 pm Egg Art <i>Fairsite Classroom #18</i>
28	29 9:30a Fitness is Forever 10:45a Chair Fitness 11:30a Nutrition 1:00p Bingo – Donuts Whoopie	30 9:30a T'ai Chi 11:30a Nutrition 12:30p Senior Cards 2-3:30p Line Dancing				

Parks & Recreation Office
Gora Aquatic Center
Meals on Wheels

366-7180
744-9544
916-444-9533

S. County Services
Chabolla Kitchen
Line Dancing

745-9174
745-7332
916-743-9658

Galt Library
Valley Oaks Grange
Sacto County Transit Link

745-2066
745-1163
745-3052

Parks & Recreation Office **366-7180**
Aquatic Center/Monica Lopez **744-9544**
Serve Our Seniors Lunch Program **810-6591**

Galt Community Concilio **745-9174**
Fitness Information **366-7180**
Line Dancing **745-5644**

Galt Library **745-2066**
Valley Oaks Grange **745-2218**
Sacto County Transit Link **745-3052**