

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

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**