

Ages 55+
FREE

Spring 2021 SENIOR ACTIVITIES



DALES SENIOR CENTER

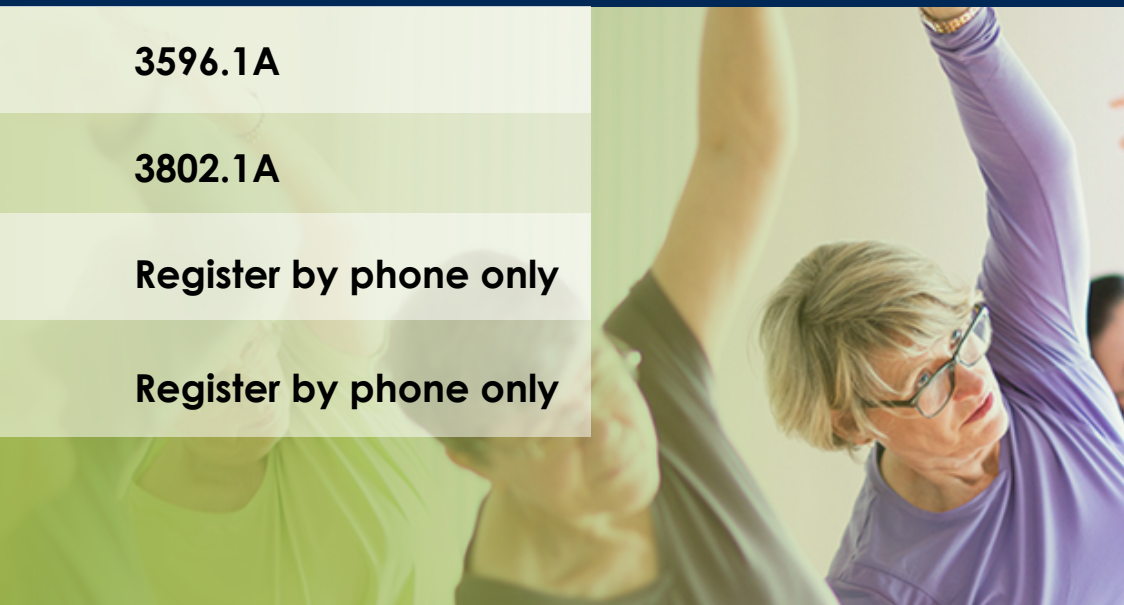
Virtual Basic Chair Exercise	M Feb. 1 - Apr. 26	10 - 11 a.m.	3852.1A
Virtual Tri-Yoga	M Feb. 1 - Apr. 26	11 a.m. - Noon	3853.1A
Virtual Fit with Dales	MW Feb. 1 - Apr. 26	9 - 10 a.m.	3851.1A
Virtual Conversation with Topics	Tu Feb. 2 - Apr. 27	9 - 10 a.m.	3863.1A
Virtual Basic Stretch Exercise	W Feb. 3 - Apr. 28	10 - 11 a.m.	3861.1A
Virtual Tri-Stretch	W Feb. 3 - Apr. 28	11 a.m. - Noon	3862.1A
Virtual Current Event Discussion	Th Feb. 4 - Apr. 29	9 - 10 a.m.	3854.1A



LA SIERRA SENIOR CENTER

Virtual Tai Chi	MW Feb. 17 - June 30	9 - 10 a.m.	3596.1A
Virtual Cardio	MW Feb. 17 - June 30	11 a.m. - Noon	3802.1A
Virtual Spanish Class	TuTh Mar. 23 - Apr. 15	9 - 10 a.m.	Register by phone only
Virtual English Class	TuTh Mar. 23 - Apr. 15	10 - 11 a.m.	Register by phone only

*To register for language classes, call: 951.351.6435



VILLEGAS COMMUNITY CENTER

Virtual Current Event Discussion	M Feb. 1 - Apr. 26	9 - 10 a.m.	3866.1A
Virtual Chair-Yoga	M Feb. 1 - Apr. 26	10 - 11 a.m.	3867.1A
Virtual Tri-Stretch	M Feb. 1 - Apr. 26	11 a.m. - Noon	3868.1A
Virtual Basic Chair Exercise	T Feb. 2 - Apr. 27	10 - 11 a.m.	3864.1A
Virtual Conversation with Topics	Th Feb. 4 - Apr. 29	9 - 10 a.m.	3869.1A
Virtual Step up with Villegas	Th Feb. 25 - Apr. 29	8 - 9 a.m.	3865.1A



Register online at
RIVREG.ORG

@RivParks

