



Fernley Senior Center

105 Lois Lane Fernley, NV 89408

www.lyon-county.org

www.facebook.com/fernleyseniorcenter/

Activities

February 2024

Activities Subject to Change

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| | | | <p>1</p> <p>TOPS (<i>Taking off Pounds Sensibly</i>) 9:00-11:00am</p> <p>Resistance Exercise 9:30am</p> <p>Quilting Group 10am-2:30pm</p> <p>Penny Bingo 12:30pm</p> | <p>2</p> <p>Chair Yoga 9:30am</p> <p>Hand & Foot Card Group 9:00am-3:30pm</p> |
| <p>5</p> <p>Chair Yoga 9:30am</p> <p>Hand & Foot Card Group 9:00-3pm (<i>Drop in all Day</i>)</p> <p>Bingo 12:30pm</p> | <p>6</p> <p>Resistance Exercise 9:30am</p> <p>Java Music Club 12:30-2pm (1st & 3rd)</p> <p>Dance Lessons 3:30-4:30pm</p> | <p>7</p> <p>Chair Yoga 9:30am</p> <p>Line Dancing 9:30am</p> <p>Social Sewers 9:30-2:30pm</p> <p>Hand & Foot Card Group 9:00am-3:00pm</p> <p>Beading Class 1:00 pm-3:00pm (1st and 3rd)</p> | <p>8</p> <p>TOPS (<i>Taking off Pounds Sensibly</i>) 9:00-11:00am</p> <p>Resistance Exercise 9:30am</p> <p>Quilting Group 10am-2:30pm</p> <p>Penny Bingo 12:30pm</p> <p>Shopping Trip 1:30-2:30pm (2nd & 4th)</p> | <p>9</p> <p>Chair Yoga 9:30am</p> <p>Hand & Foot Card Group 9:00am-3:30pm</p> <p>Vision Support Group 10-11:30am</p> |
| <p>12</p> <p>Chair Yoga 9:30am</p> <p>Hand & Foot Card Group 9:00-3pm (<i>Drop in all Day</i>)</p> <p>Bingo 12:30pm</p> | <p>13</p> <p>Produce on Wheels 9:00-10:00am</p> <p>Resistance Exercise 9:30am</p> <p>Great Basin Quilters of Fernley 10:00am-3pm (2nd & 4th)</p> <p>Dance Lessons 3:30-4:30pm</p> | <p>14</p> <p>Chair Yoga 9:30am</p> <p>Line Dancing 9:30am</p> <p>Social Sewers 9:30-2:30pm</p> <p>Hand & Foot Card Group 9:00am-3:00pm</p> <p>Greif Support Group 1:00-2:00pm(2nd)</p> | <p>15</p> <p>TOPS (<i>Taking off Pounds Sensibly</i>) 9:00-11:00am</p> <p>Resistance Exercise 9:30am</p> <p>Quilting Group 10am-2:30pm</p> <p>Penny Bingo 12:30pm</p> | <p>16</p> <p>Chair Yoga 9:30am</p> <p>Hand & Foot Card Group 9:00am-3:30pm</p> <p>Caregiver Support Group 12:30-2:00pm</p> |
| <p>19</p> <p>*Senior Center Closed*</p>  | <p>20</p> <p>Resistance Exercise 9:30am</p> <p>Java Music Club 12:30-2pm (1st & 3rd)</p> <p>Dance Lessons 3:30-4:30pm</p> | <p>21</p> <p>Chair Yoga 9:30am</p> <p>Line Dancing 9:30am</p> <p>Social Sewers 9:30-2:30pm</p> <p>Hand & Foot Card Group 9:00am-3:00pm</p> <p>Beading Class 1:00 pm-3:00pm (1st and 3rd)</p> | <p>22</p> <p>Commodities 9am (4th)</p> <p>TOPS (<i>Taking off Pounds Sensibly</i>) 9:00-11:00am</p> <p>Resistance Exercise 9:30am</p> <p>Quilting Group 10am-2:30pm</p> <p>Penny Bingo 12:30pm</p> <p>Shopping Trip 1:30-2:30pm (2nd & 4th)</p> | <p>23</p> <p>Chair Yoga 9:30am</p> <p>Hand & Foot Card Group 9:00am-3:30pm</p> |
| <p>26</p> <p>Chair Yoga 9:30am</p> <p>Hand & Foot Card Group 9:00-3pm (<i>Drop in all Day</i>)</p> <p>Bingo 12:30pm</p> | <p>27</p> <p>Produce on Wheels 9:00-10:00am</p> <p>Resistance Exercise 9:30am</p> <p>Great Basin Quilters of Fernley 9:30am-3pm (2nd & 4th)</p> <p>Dance Lessons 3:30-4:30pm</p> | <p>28</p> <p>Chair Yoga 9:30am</p> <p>Line Dancing 9:30am</p> <p>Social Sewers 9:30-2:30pm</p> <p>Hand & Foot Card Group 9:00am-3:00pm</p> | <p>29</p> <p>TOPS (<i>Taking off Pounds Sensibly</i>) 9:00-11:00am</p> <p>Resistance Exercise 9:30am</p> <p>Quilting Group 10am-2:30pm</p> <p>Penny Bingo 12:30pm</p> | |