



# Senior Recreation Programs

## The Roberta Cerri Teglia Center

**Extended Hours!**

**Tuesday and Thursday 9:00 a.m.-5:00 p.m.**

<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>
<b>Open Billiards</b> 9:00 a.m.– 3:00 p.m.	<b>Open Billiards</b> 9:00 a.m.– 5:00 p.m.	<b>Open Billiards</b> 9:00 a.m.– 3:00 p.m.	<b>Open Billiards</b> 9:00 a.m.– 5:00 p.m.	<b>Open Billiards</b> 9:00 a.m.– 3:00 p.m.	<b>Open Billiards</b> 9:00 a.m.– 3:00 p.m.
<b>Exercise Room</b> 9:00 a.m.– 3:00 p.m.	<b>Exercises Room</b> 9:00 a.m.– 5:00 p.m.	<b>Exercise Room</b> 9:00 a.m.– 3:00 p.m.	<b>Exercise Room</b> 9:00 a.m.– 5:00 p.m.	<b>Exercise Room</b> 9:00 a.m.– 3:00 p.m.	<b>Exercise Room</b> 9:00 a.m.– 3:00 p.m.
<b>Open Computer Lab</b> 9:00 a.m.– 3:00 p.m.	<b>Open Computer Lab</b> 9:00 a.m.– 5:00 p.m.	<b>Open Computer Lab</b> 9:00 a.m.– 3:00 p.m.	<b>Open Computer Lab</b> 9:00 a.m.– 5:00 p.m.	<b>Open Computer Lab</b> 9:00 a.m.– 3:00 p.m.	<b>Open Computer Lab</b> 9:00 a.m.– 3:00 p.m.
<b>Yoga</b> 9:15 a.m.- 10:15 a.m.	<b>**Senior Dance</b> 10:00 a.m.- 1:00 p.m.	<b>Yoga</b> 9:15 a.m.- 10:15 a.m.	<b>**Senior Dance</b> 9:00 a.m.- 12:00 p.m.	<b>Mahjong</b> 9:30 a.m.- 1:00 p.m.	<b>Yoga</b> 9:15 a.m.- 10:45 a.m.
<b>Coffee &amp; Cards</b> 10:00 a.m. - 12:00 p.m.	<b>Coffee &amp; Cards</b> 10:00 a.m. - 5:00 p.m.	<b>Coffee &amp; Cards</b> 10:00 a.m. - 12:00 p.m.	<b>Fine Arts</b> 9:30 a.m.- 12:30 p.m.	<b>Coffee &amp; Cards</b> 10:00 a.m. - 12:00 p.m.	<b>Coffee &amp; Cards</b> 10:00 a.m. - 12:00 p.m.
<b>Knitting &amp; Crochet</b> 10:00 a.m.- 12:00 p.m.	<b>Seated Weights</b> 10:45 a.m.- 11:45 a.m.	<b>Knitting &amp; Crochet</b> 10:00 a.m.- 12:00 p.m.	<b>Seated Weights</b> 10:45 a.m.- 11:45 a.m.	<b>**Senior Dance</b> 10:00 a.m.- 1:00 p.m.	<b>Chess</b> 9:30 a.m.- 12:00 p.m.
<b>Ping Pong</b> 11:00 a.m.- 2:30 p.m.	<b>Hawaiian Plus</b> 11:00 a.m.- 12:00 p.m.	<b>Strength in Standing</b> 11:00 a.m.- 12:00 p.m.	<b>Coloring Club</b> 11:30 a.m.- 1:00 p.m.	<b>Stand Tall Yoga</b> 12:00 p.m. - 1:00 p.m.	<b>Movie</b> 12:30 p.m.- 2:30 p.m.
<b>Fine Arts</b> 12:30 p.m.- 2:30 p.m.	<b>*Congregate Nutrition Program</b> 12:30 p.m.- 2:30 p.m.	<b>Zumba Gold</b> 11:30 a.m.- 12:30 p.m.	<b>*Congregate Nutrition Program</b> 12:30 p.m.- 2:30 p.m.	<b>Seated Full Body Workout</b> 1:15 p.m. - 2:15 p.m.	
<b>Seated Pilates</b> 12:30 p.m. - 1:30 p.m.	<b>Movie</b> 3:00 p.m. - 5:00 p.m.	<b>Seated Full Body Workout</b> 12:15 p.m. - 1:15 p.m.	<b>Vitality in Seated Yoga</b> 12:00 p.m. - 1:00 p.m.		
		<b>Karaoke</b> 1:00 p.m.- 2:30 p.m.	<b>Yoga</b> 3:30 p.m. - 4:30 p.m.		

**\*Congregate Nutrition Program—A sit down meal service at the Roberta Cerri Teglia Center (601 Grand Ave, SSF, CA. 94080). The sit-down meal service takes place from 12:30 p.m.- 2:30 p.m. every Tuesday and Thursday in the Multi-Use Room. In order to participate in the program, you MUST complete an application to be pre-registered.**

**Upon registration, reservations are required. If you have any questions, please feel free to call the center at 650-829-3820 or go online at**

**<http://www.smchealth.org/general-information/where-older-adults-can-go-nutritious-meals>**

**\*\*Senior Dance is located at the Library|Parks and Recreation Center (901 Civic Campus Way, SSF, CA. 94080) in the Banquet Hall. There is a \$6.00 fee.**