

# Senior Activities

Free!

**Pleasant Valley Senior Center**  
**1605 E Burnley St. Camarillo CA 93010**

Drop-in!

MON	TUES	WED	THURS	FRI
<b>Morning Stretch</b> 8-9am Auditorium	<b>Morning Stretch</b> 8-9am Room 7	<b>Morning Stretch</b> 8-9am Senior Center	<b>Morning Stretch</b> 8-9am Room 7	<b>Morning Stretch</b> 8-9am Auditorium
<b>Yoga</b> 9-10am Senior Center	<b>Yoga</b> 9-10am Senior Center	<b>Yoga</b> 9-10am Senior Center	<b>Yoga</b> 9-10am Senior Center	<b>Yoga</b> 9-10am Senior Center
<b>Yoga</b> 10-11am Senior Center	<b>Yoga</b> 10-11am Senior Center	<b>Canasta</b> 9:30-1:30pm Senior Center	<b>Pinochle</b> 11am-4pm Senior Center	<b>Walking Group</b> 9:30-10:45am Community Center
<b>Walking Group</b> 9:30-10:45am Community Center	<b>Art Group</b> 9-12pm Room 2-3	<b>Mexican Train</b> 10-12:30pm Senior Center	<b>Mahjong</b> 11:00am-1:30pm Senior Center	<b>Food Distribution</b> 11am-2pm Senior Center
<b>Canasta</b> 9:30-1:30pm Senior Center	<b>Mexican Train</b> 12:30-3:30pm Senior Center	<b>Bingo</b> 12-3pm Auditorium	<b>Card Group</b> 12-4pm Senior Center	<b>Yoga</b> 2-3pm Senior Center
<b>Pinochle</b> 11am-4pm Senior Center	<b>Card Group</b> 12-4pm Senior Center	<b>Euchre</b> 12-2pm Senior Center	<b>Nickel</b> 1-4pm Senior Center	<b>Table Tennis</b> 1-4pm Freedom Center
<b>Table Tennis</b> 1-4pm Freedom Center	<b>Hand &amp; Foot</b> 12-4pm Senior Center	<b>Social Bridge</b> 12-3pm Senior Center	<p><i>Free to participate, Just drop in!</i></p>	
	<b>Seniors of Note</b> 1-3pm Room 7	<b>Table Tennis</b> 1-4pm Freedom Center		