

OLDER ADULT PROGRAMS

Program/Activity	Organization	Frequency
Sunday Dances	YLPR	6x per year
Coffee Social	YLPR	Daily (M-F)
TRAILS	YLPR	Daily- 7:00am-8:00pm
Alzheimer's care Partner Support Group	YLPR	Monthly
Book Club	YLPR	Monthly
Ice Cream Birthday Social	YLPR	Monthly
Encore Events	YLPR	Quarterly
Grocery Program	YLPR	Twice per month
HICAP	YLPR	Twice per month
Karaoke	YLPR	Twice per month
Monday Movie Matinees	YLPR	Twice per month
Wii Bowling	YLPR	Twice per month
Longevity Stick	YLPR	Twice per week
Ping Pong	YLPR	Twice per week
Art History	YLPR	Weekly
Get Informed Presentations	YLPR	Weekly
Oil Painting	YLPR	Weekly
Senior Striders Walking Group	YLPR	Weekly- meet off site or at YLCC
Art Show	YLPR	Yearly
Health & Wellness Expo	YLPR	Yearly
Volunteer Banquet	YLPR	Yearly
Wellness Week	YLPR	Yearly
Tai-Chi (various styles)	YLPR	3x per week
Essentrics Gentle Stretch	YLPR	Twice per week
Line Dancing	YLPR	Twice per week
Strength & Balance	YLPR	Twice per week
Intro to Computers	YLPR	Weekly
Zumba Gold	YLPR	Weekly
Seniors on Stage	YLPR	8 week class every quarter
Seniors Improve	YLPR	8 week class every quarter
Tax Assistance Program	YLPR/AARP	February-April 15 every year
Senior Lunch Program	YLPR/OCMW	Daily (M-F)
Health and Wellness	NOCE	3x per week
Maintain Your Health w/ Tai Chi	NOCE	Twice per week
Healthy Balance	NOCE	Weekly

Program/Activity	Organization	Frequency
Knitting, Crochet, Needlecraft	NOCE	Weekly
Quilting	NOCE	Weekly
Sketching Class	NOCE	Weekly
Staying Mentally Sharp	NOCE	Weekly
Watercolor Painting	NOCE	Weekly
Bridge	YLSCC	Daily (M-F)
Bingo	YLSCC	Weekly
Bunco	YLSCC	Weekly
Canasta	YLSCC	Weekly
Hand & Foot	YLSCC	Weekly
Mahjong (Chinese & American)	YLSCC	Weekly
Mexican Train Dominos	YLSCC	Weekly
Pinochle	YLSCC	Weekly
Senior Club Luncheon	YLSCC	Monthly
Travel & Trips	YLSCC	12-15 trips per year