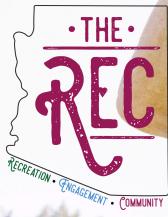


SENIOR PROGRAMS SCHEDULE



Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
9 AM	Open Mingle	Open Mingle	Open Mingle	Open Mingle	
9:30 AM	Walking Group		Walking Group		
10 AM	Cards & Games	Arts & Crafts	Puzzles	Arts & Crafts	Cards & Games
11 AM					
12 PM					
1 PM	Movie Matinee	Cards & Games	Poker	*Field Trip OR Cards & Games*	Bingo
2 PM				*Our activity during this time slot varies each week. Call us at 928-639-3200 ext. 1015 to find out each week's activity!	
3 PM					

The Cottonwood Recreation Center reserves the right to cancel or change an activity if minimum participation is not met.



ACTIVITY DESCRIPTIONS

CLASSES ARE FREE WITH A REC MEMBERSHIP OR DAY PASS UNLESS OTHERWISE NOTED

Walking Group - 9:30 AM - 10 AM Mondays, Wednesdays

Join us for a low impact guided group walk at a comfortable pace designed to keep adults active and socially connected.

Cards & Games - 10 AM - 12 PM Mondays, Fridays ; 1-3 PM Tuesdays

Enjoy a fun time of friendship and laughter with classic games and group favorites. Games may be preselected or open for group choice, and all skill levels are welcome – come to play, socialize, and stay connected!

Arts & Crafts - 10 AM - 12 PM Tuesdays, Thursdays

Unleash your creativity in a fun and welcoming setting. Projects may be organized or open to personal choice, with activities ranging from simple crafts, journaling, painting, and seasonal projects. No experience needed.

Movie Matinee - 1-3 PM Mondays

Relax and enjoy a film in good company. Featuring preselected classics, documentaries, popular films, or group selections. Followed by optional discussion and social time.

Bingo - 1-3 PM Fridays

Enjoy a fun and social time with bingo, a game that's easy to join and perfect for all skill levels. Come play, socialize, and connect with friends!

Puzzles - 10 AM - 12 PM Wednesdays

Enjoy a fun and social time with puzzles of all kinds (jigsaw, crosswords, etc). Come play, socialize, and connect with friends!

Poker - 1-3 PM Wednesdays

Join us for an engaging and social poker session designed for seniors of all skill levels. Games may be preselected or open for group choice – come to play, enjoy friendly competition, and connect with others.

*Additional activities may be held outside of our usual schedule!
Please contact our Senior Programming Coordinator for more info!*

Call 928-639-3200 ext. 1015 for more information.

COTTONWOOD RECREATION CENTER • 150 S. 6TH STREET, COTTONWOOD, AZ • 928-639-3200