

Connected Living Activities

For anyone over 60 years of age

(530) 226-3060 www.ssnpweb.org

BURNEY DINING CENTER



Lunch: 12:00 pm until everyone is served Monday-Friday.
Call for more information 335-4979

Activities

Wii Fit and Chair Volleyball: Tuesday 10:00-11:00 am

Po-Ke-No: Wednesday & Friday 9:30-11:30 am

Shuffleboard: anytime

Sing alone w/Alex: once or twice a month

Computers Available for use: Anytime

Off Site

Bingo: Roffway Senior Apartments Monday 11:00-2:30 pm

Exercise Class: Roffway Senior Apartments Tue/Thr. 10:00-11:30 am

All Centers

NUTRITION EDUCATION

Health & Nutrition topics received by a Registered Dietitian, read by Center Coordinator each quarter from 11:15-11:30

REDDING DINING CENTER



Hot, nutritious meals are served from 11:30-1:00 pm Monday-Friday.
Call 226-3070

Activities

Bingo: Monday & Wednesday from 12:15-1:30 pm

Exercise Class: Mondays & Thursdays 12:30-1:30 pm

Line Dancing: Every Monday except the first Monday of the month, from 9:30- 11:00 pm

Live music & dancing:

Wednesday Thursday & Friday from 10:00-11:30 pm

Computer Class: Check for times and dates in the main office



Cards & Games: Daily or in a group setting on Tuesday's 12:00-3:00

Door Prizes: Tuesdays

Book exchange: To keep or exchange

Movies available: To borrow or enjoy here

Gift Shop: Open to the public Tuesday-Thursday 10:00-1:00 pm



Wii Fit & Chair Volleyball: Come join our new classes, interact with other seniors and just have fun. Monday, Wednesday, & Friday from 10:00 -11:00 am

Golf Putting Mat: anytime

Walking Club: Wednesday's 9:00-10:00

SHASTA LAKE DINING CENTER



Lunch: 11:30-12:00 Monday - Friday.
Call for more information 275-2506

Activities

Bingo: Thursday 10:00-11:30 am

Game Day: Thursday

Books Available: Mondays



**Get out, get going,
get active**