

Social Activities at the Senior Center in Central Park



All Social Activities begin the week of July 18th.

Day and time subject to change depending upon room availability.

Afternoon at the Movies

Do you love movies? Enjoy a Friday afternoon at the Senior Center watching the latest movies. Popcorn is served. Please inquire at the Front desk for movie selection and schedule.

Fridays • 12:30pm

Bingo

Enjoy an afternoon of Bingo. \$2 buy in for 4 cards with a \$3 payout. Card sales begin at 10:30am.

Mondays and Thursdays
• 12:30-2:45pm

Chess

Did you know that Chess can raise your IQ or prevent Alzheimer's? This game exercises both sides of your brain while enjoying the company of others. Drop-ins welcome.

Mondays • 12:30-4:00pm

Drum Yourself Healthy

Group drumming is shown to increase the activity of your cancer killing white blood cells while it decreases stress. Discover your own inner rhythm.

No experience necessary.

Tuesday, August 9 • 10-11:15am
Free • Sponsored by the Huntington Beach Council on Aging

Duplicate Bridge

Also known as "Ward's Bridge Group." Enjoy a game of Duplicate Bridge on Tuesdays. All are welcome.

Tuesdays • 11-1pm

Handcrafters

Do you enjoy knitting? Knit or crochet at 10:30am each Friday. Proceeds from the handcrafted items benefit the community seniors. Free instruction and materials

Fridays • 10:30am-12:30pm

Longevity Stick

The "Longevity Stick" regimen incorporates a series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity and vitality. This all volunteer led activity is a low impact exercise done while standing and reduces the risk of injury while improving circulation and balance.

Mondays and Wednesdays
• 9:30am-10:30am

Mahjong

Similar to the Western game rummy, Mahjong is a game of skill, strategy, and calculation and involves a certain degree of chance. Enjoy a friendly game during this drop-in activity.

Wednesdays • 11-3pm

Party Bridge

Do you enjoy a good game of Bridge? Drop in on Thursdays!

Thursdays • 12-3pm

Pinochle

A card game that sets you thinking. All are welcome.

Tuesdays and Fridays • 9am-4pm

Scrabble

Enjoy creative thinking with a great game of scrabble, a fun and classic word game. Expand your vocabulary while racking up the points.

Tuesdays • 12:30-3pm

Singing Goodtimers

Practice Wednesday mornings 8:30am-10:00am at the Senior Center in Center Park. Weekly gigs at local venues. A love of singing is the only requirement.

Wednesdays • 8:30am-10:00am

Swing Dance

Come dance the night away with the Beach City Big Band.

4th Monday • 7:30pm

Tech Club

Interesting presentations and content about technology. If you're a tech lover, then this club is for you!

2nd and 4th Thursdays • 2pm

Wii Bowling

The Surf City Strikers enjoys practice once a week and plays friendly competitive games with neighboring communities several times throughout the year. Great for all!

Wednesdays • 9-11am

Woodcarvers

Come and learn the art of Woodcarving! All are welcome, beginners will receive instruction and learn the craft from the experts.

Thursdays • 6:30-8:30pm