

Pinole Senior Center Classes/Activities (Updated 12.21.23)

Time	Program	Member Fee	Non-Member Fee	Location
Monday				
8:30 AM	SilverSneakers Weight Training 	\$2.50	\$3.50	Main Hall
10:00 AM	Line Dancing	\$4.00	\$4.00	Main Hall
10:00 AM	Clutterers Anonymous (CLA)	Donations Accepted		Card Room
11:30 AM	Stretch for Yoga	\$2.50	\$3.50	Main Hall
12:45 PM	Balance (NEW CLASS!)	\$2.50	\$3.50	Main Hall
1:00 PM	Bridge	\$1.00	\$2.00	Arts & Crafts Room
Tuesday				
8:30 AM	Zumba Gold (NEW CLASS!)	\$2.50	\$3.50	Main Hall
10:00 AM	SilverSneakers Classic (NEW TIME!)	\$2.50	\$3.50	Main Hall
10:00 AM	Knitting Group	\$1.00	\$2.00	Main Lobby
10:30 AM	Book Club (4th Tuesday of month) 	\$1.00	\$1.00	Arts & Crafts Room
11:30 AM	Balance	\$2.50	\$3.50	Main Hall
12:45 PM	Stretch for Yoga (NEW CLASS!)	\$2.50	\$3.50	Main Hall
12:30 PM	Pinochle 	\$1.00	\$2.00	Arts & Crafts Room
1:00 PM	Cribbage	\$1.00	\$2.00	Card Room
Wednesday				
9:00 AM	Yoga and More (NEW CLASS!)	\$2.50	\$3.50	Main Hall
9:00 AM	Quilting	\$1.00	\$2.00	Arts & Crafts Room
10:30 AM	SilverSneakers EnerChi 	\$2.50	\$3.50	Main Hall
11:00 AM	Speak Up! 	Donations Accepted		Card Room
12:30 PM	Mah Jongg	\$1.00	\$2.00	Card Room
2:00 PM	Karaoke (Last Wednesday of month)	\$1.00	\$2.00	Main Hall
Thursday				
8:30 AM	Zumba Gold 	\$2.50	\$3.50	Main Hall
9:30 AM	Quilting	\$5.00	\$7.00	Arts & Crafts Room
9:30 AM	Fiber Arts Group	\$1.00	\$2.00	Main Lobby
10:00 AM	SilverSneakers Classic	\$2.50	\$3.50	Main Hall
1:00 PM	Bridge	\$1.00	\$2.00	Arts & Crafts Room
1:30 PM	Upper Body Stretch & Release (NEW CLASS!)	\$2.50	\$3.50	Main Hall
2:00 PM	Ukulele	\$1.00	\$2.00	Main Lobby
Friday				
8:30 AM	SilverSneakers Weight Training 	\$2.50	\$3.50	Main Hall
8:30 AM	Guitar 	\$1.00	\$2.00	Arts & Crafts Room
10:30 AM	Floor Class	\$2.50	\$3.50	Main Hall
10:00 AM	Advanced Guitar	\$1.00	\$2.00	Arts & Crafts Room
2:00 PM	Beginners Bridge	\$1.00	\$2.00	Arts & Crafts Room

Pinole Senior Center Building Hours

The Pinole Senior Center is open Monday - Friday from **8:00 AM - 4:00 PM.**

It is strongly recommended all persons, regardless of vaccination status, continue to wear a face covering indoors.

Gift Shop Hours

The Gift Shop is open Monday - Friday from **9:30 AM - 12:30 PM.**

We kindly ask donations be gently used and in a re-sellable condition. Donations can be dropped off during Gift Shop hours. Gift Shop donations CANNOT be left outside of the Senior Center, outside of the Gift Shop, or left at the Front Desk.

Pool Room Hours

The Pool Room is open Monday through Friday from **8 am – 4 pm.**

All skill levels are welcome to play. There are two standard size pool tables available for use as well as pool cues. Players are welcome to bring their own pool cue if they prefer. The primary games played in the pool room are the shorter duration games such as eight-ball, nine-ball, and elimination. In the pool room everyone gets to play and all players are welcomed to a fun and encouraging environment.

Salon Hours

Stylist Sandy Bauer is available by appointment ONLY on **Wednesdays, Thursdays, & Fridays** for a full range of hair services for both men & women. Call (510) 724-9807 for an appointment. Please give 24-hour notice for cancellations.