

## Quilting

We have a group of ladies who love to quilt. One of their quilts is displayed in the Social Hall monthly, with a description in the newsletter. These ladies create beautiful quilts and have a quilt fund raising raffle annually.



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Special events and new activities are announced in the monthly newsletter and on the City of Dinuba website at [www.dinuba.org](http://www.dinuba.org) under the Parks & Community Services Department.

Also, see the Dinuba Senior Center Facebook Page.

### Contact Information

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# Dinuba Senior Citizen's Center



**437 N. EATON AVE.**

**(559)591-2450**

The Dinuba Parks & Community Services, Senior Citizen's Center offers a variety of activities and programs such as: nutritional lunches, bingo, quilting, ceramics, arts and crafts, and games.

The Dinuba Senior Center provides activities in a safe place for seniors (age 55 and over) to come and enjoy fellowship with peers, exercise their talents and abilities through arts and crafts, and serve others who require assistance.

Throughout the year we plan and organize a variety of events and activities for the seniors.

- Holiday Lunch Celebrations (food, games, and raffles)
- Casino Tips
- Fresno Fair Senior Day
- Arroyo Grande Strawberry Festival
- Senior Day in the Park

And many more to come!

If you have a talent that you would like to share, please volunteer to teach others at the Center.

## Ceramics Class

Tuesdays 9am to 2pm

You may attend all day or choose the hours, within that day, that are best for you.

\$3 per session or 10 sessions for \$25

Attend when you choose  
until all 10 sessions are completed.

**Includes: Instruction, paint and kiln firing.**



## Senior Exercise Class

Dinuba Community Center  
Monday, Wednesday, and Friday  
8:30am to 9:30am



## Line Dancing

Wednesday's in the Social Hall at 1 pm  
Dance instructors: Amparo and Graciela  
Sign-up for class in the Social Hall  
and office, or call 591-2450.



## Dinuba Senior Citizen's Center Activities

437 N. Eaton Ave., Dinuba CA 93618

559/591-2450

The Center is open for the following activities.

*(Office staff is on site from 8am to 4:30pm Monday thru Friday)*

### Monday:

Coffee & Conversation - Social Hall 8:30 am - 11:30 am

### Tuesday:

Bingo - Room A3 8:00 am - 11:00 am

Quilting - Social Hall 9:00 am - 3:00 pm

Ceramics - Room A2 9:00 am - 2:00 pm

**LUNCH** - Social Hall 11:00 am (call in your lunch order)

Blood Pressure Clinic 10:30 am - 11:30 am (2nd Tuesday of each month)

Library - Annex 8:00 am - 12:00 pm

### Wednesday:

Bingo - Room A3 8:00 am - 11:00 am

TOPS - Room A2 9:00 am - 11:00 am

Library - Annex 8:00 am - 12:00 pm

Line Dancing - Social Hall 1:00 pm - 2:00 pm (March-Sept.)

### Thursday:

Bingo - Room A3 8:00 am - 11:00 am

**LUNCH** - Social Hall 11:00 am (call in lunch order)

Library - Annex 8:00 am - 12:00 pm

Senior Exercise Class is held at the Dinuba Community Center on Monday, Wednesday, and Friday 8:30am to 9:30am

King's River Quilter's Guild meet in the Social Hall, on the 2nd Saturday of every month.

Special events and new activities will be announced in the monthly newsletter and on the City website at [www.dinuba.org](http://www.dinuba.org) under Parks & Community Services.

## SENIOR LUNCHES



Lunch is served in the Social Hall on Tuesday and Thursday. Please invite your senior friends and senior family members to join us for lunch! Seniors age 55 and over are welcome.

Healthy, nutritional meals are prepared by the Dinuba Unified School District Food Services department. The City subsidizes the cost in order to provide a reasonable priced lunch for seniors. Lunches are served all year, except observed & major holidays.



### **TOPS is a life changing support group for a healthier life.**

Learn about nutrition, portion control, food planning, exercise, and more. Weigh-ins, group feedback, and members support each other to achieve their goals.

Meetings are held on Wednesday's  
From 9:30am to 11am, room A2

## **SOCIAL HALL ACTIVITIES**

The Social Hall is open for those who would like to take advantage of the Therapy Coloring Station and the Entertainment Center (chess, cards, dominos, checkers, & Wii) or watch a movie. The Social Hall can be open to enjoy these activities on Tuesdays and Thursdays from 9am to 3pm. You are welcome to come in and enjoy these activities, prior to, and after lunch. Morning coffee will also be prepared for your enjoyment.



### **Coffee Conversation Mondays**



Social Hall open Mondays from 8:30am to 12:00pm to meet with friends for a hot cup of coffee or tea (pastries will be provide when available). Enjoy watching a movie, or playing a game of cards, checkers, or dominos. The focus is to provide resources and services along with safe, enjoyable activities and events for Senior Citizens.