



Gold Country Community Services, Inc.

Senior Nutrition | Senior Firewood
Activities • Classes • Events

Food ~ Firewood ~ Fun ~ Fitness



Community Activity Center – The LOVE Building Class Schedule for October 2018

*Line Dance Classes - 4 Week Mini Session starts Monday,
October 22nd through Wednesday, November 14th, 2018*

Monday

9:00-10:00am (No Class 10/8 & 10/15)

Line Dance Improver

10:00-11:15am (No Class 10/8 & 10/15)

Line Dance Intermediate

11:45am-12:45pm

Tai Chi

Thursday

10:00-11:15am

Yoga Therapy

Tuesday

10:00-11:15am

Yoga Therapy

5:00-6:00pm (No Class 10/2, 10/9 & 10/16)

Line Dance Intermediate

6:15-7:15pm (No Class 10/2, 10/9 & 10/16)

Line Dance Beginner I

7:30-8:30pm (No Class 10/2, 10/9 & 10/16)

Line Dance Improver

Friday

No Classes at This Time

Wednesday

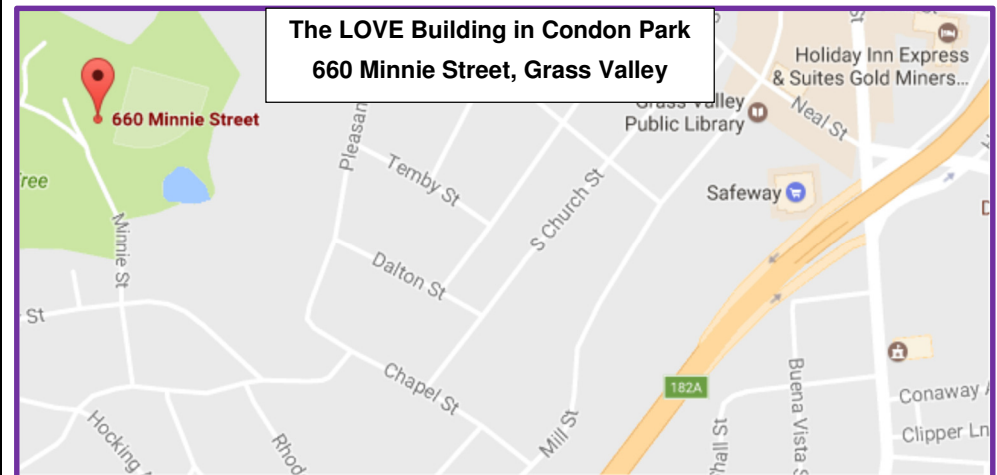
9:30-10:30am (No Class 10/3, 10/10, 10/17 & 10/31)

Line Dance Beginner I

11:45am-12:45pm (No class 10/31)

Tai Chi

Special Activities and Events for October are listed on the Menu on the reverse side of this page.



Classes are \$5.00, Activities are \$2.00. GCCS Members receive a \$1.00 discount. Bingo has an additional fee of \$0.50 per card. For further information, please call 273-4961 or visit our website at www.goldcountryservices.org