

STAY ACTIVE MARIN CITY!

Community Activities for Active Older Adults



Monday

Senior Food Pantry

9:00am-11:00am
Senior Center

Aqua Aerobics

9:00am-11:00am
Senior Center

Tuesday

Art Class

9:00am-11:00am
Senior Center

Healing Colors

11:00am-12:00pm
Senior Center

Food Pharmacy

3:00pm-5:00pm
Health & Wellness Center

Wednesday

Community Lunch

12:00pm-1:00pm
Senior Center

Sit n' be Fit

1:00pm-2:00pm
Senior Center

Thursday

Turf Talk & Walks

9:00am-10:00am
Rocky Graham Park

Trail Walks

1:00pm-2:00pm
Health & Wellness Center

Bingo Night

1:00pm-3:00pm
Senior Center

Friday

Aqua Aerobics

9:00am-11:00am
Senior Center

