

If you have any questions regarding any

Nifty Over Fifty Activities, please stop by the Covina Joslyn Center or call (626) 384-5380.
TECH TALK – NEW!

Need assistance to overcome the fear of operating your electronic device? Meet the tech-savvy teens from the Covina T.E.A.M. (Teens Endeavor to Accomplish More) to help you navigate through the digital world. Make new friends while learning the ins and outs of your electronic device, including cell phones, smart phones, tablets, laptops, iPads and Nooks. (Must bring your own device.)

DAY & TIME: ☐☐

Thursday, 3:30-4:30 pm

DATES: ☐

January 23, February 27, March 27,
April 24, May 22

FEE: ☐

FREE

BEAN BAG BASEBALL – NEW!

This game promotes physical activity with seniors getting out of the chair to bat, stand on base, walk to the next base and toss the bean bag. While not strenuous, it does involve leg strength, balance, coordination and arm movement. Best of all, the spirited game encourages social interaction among the players. Get ready for a great time while playing an improvised version of your favorite past time. Sponsored by Bridgecreek.

DAY & TIME: ☐

Wednesday, 10:30-11:30 am

DATES: ☐

January 8, February 12, March 12,
April 9, May 14

FEE:

FREE

WALK THE WALK – STEP UP TO BETTER HEALTH

Tired of walking alone? Looking for a new way to motivate yourself? Then, join our walking club! This is a perfect way to improve your heart's health and meet other members of the

community. Please dress in comfortable clothes, walking shoes and bring water. Walk canceled if raining. **DAY & TIME:** Wednesdays, 9 am **MEETING LOCATION:** JoslynCenter

FEE:

FREE

INDOOR CHAIR BEACH VOLLEYBALL

It's just like volleyball, but in a chair using a beach ball. The game follows regular volleyball rules with some exceptions. The beach ball is larger than a regular volleyball so it is easier to control. There are many benefits to chair volleyball, such as reducing stress, improving cardiovascular fitness, increasing flexibility and toning muscles. This is a great way to enjoy some exercise and socialize. Join in on the fun! **DAY & TIME:** Thursdays, 1-2 pm

FEE:

FREE

MONTHLY BILLIARD TOURNAMENT

Come to the billiards room to show off your shooting skills by participating in these exciting single elimination tournaments. Each tournament winner will receive a prize. **DAY & TIME:**

1st
Monday of each month, 9 am

FEE:

FREE

BUNCO BASH

New and experienced players welcome! Prizes and light refreshments. Join us for a great time! **DAY & TIME:** 2nd and 4th Thursday of each month, 1-3 pm **FEE:** \$2

BILLIARDS ROOM

Be a part of the fun and excitement and invite your buddies for a game of pool! **DAYS & TIMES:**

Monday-Thursday, 9 am-4 pm

and Fridays, 9 am-1 pm

FEE:

FREE

CINEMA DAYS

See the latest hits and old time favorites. Light refreshments served. **DAY & TIME:**☐
Wednesdays, 1 pm

FEE:☐

FREE