



**Town of Evans Senior Center Activity Schedule**  
**999 Sturgeon Point Road, Derby, NY 14047**  
**(716) 947-0974**

**\*For Lunch, arrive at Center by 11:45 am. Must make reservations 2 weeks in advance\***

**MONDAY**

7:00 am – 9:00 am Coffee Hour  
9:00 am – 3:00 pm Coloring Corner  
9:00 am – 3:00 pm Charity Quilting  
every 2<sup>nd</sup> Monday of each month  
10:00 am – Resistance Band Exercise  
11:15 am – 11:45 am New Healthy Self  
every week (meditation,  
relaxation techniques with more)  
\*12:00 pm Lunch\*

**TUESDAY**

7:00 am – 9:00 am Coffee Hour  
9:00 am Coloring Corner  
10:00 am Bingo  
10:00 am Low/No Impact Cardio  
Workout w/Lisa (every week)  
10:00 am–12:00 pm Open Computer  
Lab (every week)  
11:15 am – 12:00 am Beginner Tap  
2<sup>nd</sup> & 4<sup>th</sup> Tuesday  
\*12:00 pm Lunch\*

**WEDNESDAY**

7:00 am – 9:00 am Coffee Hour  
9:00 am – 3 pm Coloring Corner/  
Puzzles/Games  
10:00 am – 11:00 am Sitting in Motion  
Exercise (every week)  
10:00 am – 12:00 pm Open Computer  
Lab (every week)  
\*12:00 pm Lunch\*  
1:30 pm – 3:30 pm Painting w/Acrylic  
(every 2<sup>nd</sup> & 4<sup>th</sup> Wednesday)  
Open to the public – must sign up  
1:45 pm – 2:45 pm Tai Chi (Beginners)  
sitting & standing (every week)

2:50 pm – 3:50 pm Tai Chi  
(Intermediate) sitting & standing  
(every week)

**THURSDAY**

7:00 am – 9:00 am Coffee Hour  
9:00 am – 12:00 pm Open Corn Hole  
9:00 am – 3:00 pm Cards  
9:00 am – 3:00 pm Beginners Quilting  
Class 1<sup>st</sup> & 3<sup>rd</sup> Thursday  
9:00 am – 3:00 pm Open Quilting  
Workshop (every week)  
10:00 am – 11:00 am Yoga Class  
every week  
\*12:00 pm – Lunch\*

**FRIDAY**

7:00 am – 9:00 am Coffee Hour  
9:00 am Coloring Corner  
10:30 am Crochet Workshop  
10:30 am – 11:30 am Line Dancing  
(every week)  
\*12:00 pm Lunch\*

**MEETINGS**

Senior Advisory Board Meeting –  
(Seniors welcomed) 6:00 pm  
– 2<sup>nd</sup> Monday of the month

Travel Club – 7:00 pm  
2<sup>nd</sup> Monday each month