Pleasant Valley Senior Center
Daily Activities Schedule

Updated
11.4.26

All activities take place at the Senior Center unless noted on the schedule.
For a full description of activities, visit our website at pvrpd.org/senior-center
We offer puzzles, books, board games, and pool tables for use in the Senior Center.

Activities are free, just drop in & join!

1605 E. Burnley St.
Camarillo, CA 93010
805.482.4881
Ext. 203
Seniorcenter@pvrpd.org

Hours:
Monday-Friday
8:00AM-4PM

TIME	MONDAY	TUEDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00 AM	MORNING STRETCH 8-9 AM	MORNING STRETCH 8-9 AM	MORNING STRETCH 8-9 AM	MORNING STRETCH 8-9 AM	MORNING STRETCH 8-9 AM
9:00-10:00 AM	YOGA 9-10 AM WALKING GROUP 9:30-10:45 AM CANASTA 9:30-10:45 AM	YOGA 9-10 AM SENIOR SOFTBALL 9 AM- 12 PM MISSION OAKS PARK ART GROUP 9AM -12 PM ROOM 2 AND 3	YOGA 9-10 AM	YOGA 9-10 AM	YOGA 9-10 AM SENIOR SOFTBALL 9 AM- 12 PM MISSION OAKS PARK WALKING GROUP 9:30-10:45 AM
10:00-11:00 AM	Yoga 10-11 AM Ukulele 2nd and 4th Mondays of the Month 10am-12 pm in Auditorium	YOGA 10-11 AM	MEXICAN TRAIN 10 AM-12:30 PM		SOUND BATH 10:00-10:30 AM FIRST FRIDAY OF THE MONTH
11:00 AM-12:00 PM	PINOCHLE 11AM-4PM SOCIAL BRIDGE 11:15 AM-2PM		SOCIAL BRIDGE 11:15 AM-3 PM	PINOCHLE 11 AM- 4 PM	
12:00-1:00 PM	TABLE TENNIS 12:30-4:00PM FREEDOM CENTER	CARD GROUP 12-4 PM HAND & FOOT 12-4 PM MEXICAN TRAIN 12:30-3:30 PM	BINGO 12-4 PM BUY-IN REQUIRED AUDITORIUM CANASTA 12:30-3:30 PM TABLE TENNIS 12:30-4:00PM FREEDOM CENTER	CARD GROUP 12-4 PM	CAMARILLO DEAF GROUP 12:30-3:45 PM 4TH FRIDAY OF THE MONTH TABLE TENNIS 12:30-4:00PM FREEDOM CENTER
1:00-2:00 PM		GIN RUMMY 1-4 PM SENIORS OF NOTE 12:30-3 PM ROOM #7	MAHJONG 1:30-3:30 PM	GIN RUMMY 1-4 PM LIVERPOOL 1-4PM	CRIBBAGE 1-3 PM
2:00-3:00 PM					YOGA 2-3 PM
AFTER 5 PM		BOOK CLUB 2ND TUESDAY OF THE MONTH 5:30-6:30 PM			