



**City of El Centro
Parks and Recreation**

**Parks
Make
Life
Better!**

El Centro Adult Center

**385 South First Street
El Centro CA, 92243**



Office hours are Monday through Friday from 9:00 a.m. to 3 p.m.

**Office Phone: (760) 370-0160
Fax: (760) 337-0339**



City of El Centro Parks and Recreation



El Centro Adult Center

Intro to Computers

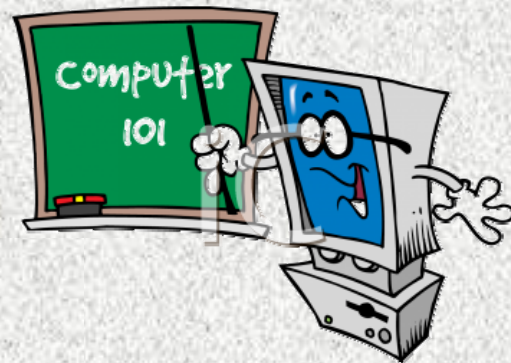
This course is offered to seniors and adults who wish to learn the basics of computers. Many of today's seniors and adults don't have someone to teach them how to use certain programs or navigate the internet at home. With this course they will have the opportunity to learn from plugging every single cable right, create new folders, send email's, surf the net, and many more different features that today's computers have to offer. This course has a limit to four students per class.

Days: Monday-Thursday

Level 1 - Beginning

Level 2 - Intermediate

Cost: \$25 Adults
\$15 Seniors 55+



Senior Nutrition Program

This Program runs Monday through Friday. A meal is served by Catholic Charities at 11:30 a.m. Requirements are to fill out an application form and be 60 and over.

Days: Monday - Friday

Time: 11:30 a.m.

Cost: Free / \$1 donation





City Of El Centro
Parks and Recreation

Parks
Make
Life
Better!

El Centro Adult Center

Sewing/Crochet Program

Come and learn how to make fun and different things out of yarn. This crochet program teaches seniors and adults how to create different things from their wonderful hands. Scarf's and beanies for the winter, baby blankets, yarn slippers, and quilts, are some of the art this fine program has helped create. Whether you're a man or a woman, learning how to create these things is amazing.

Days: Wednesdays

Time: 9:00 a.m. - 11:00 a.m.

Cost: Free



Senior Bingo

Come and have a great time playing bingo with other adults. Have the chance to win various prizes donated by Catholic Charities and the El Centro Community Center.

Days: Fridays

Time: 11:30 a.m.

Cost: Free





City Of El Centro
Parks and Recreation

Parks
Make
Life
Better!

El Centro Adult Center

Senior Movie Day

Lights, Camera, Action.....

Join us on and relax your evening by enjoying a good movie.

Days: Fridays

Time: 1:00 p.m. - 3:00 p.m.

Cost: Free



Adult & Senior Exercise Day

Come and exercise with other seniors and dance the hour away by having fun and staying in good health at the same time.

Days: Tuesdays

Time: 1:00 p.m. - 2:00 p.m.

Cost: Free

