November / December 2026

All Adults welcome! Paid membership is NOT required!
200 S. Cruse Ave. Helena MT 59601 406-457-7372

♦ Card Room | ♫ Dining Room | ☼ Parlor

Helena Senior Center Activities Schedule

MON	TUES	WED	THURS	FRI
			8A-10:30A ♫ Caramel Rolls	
8:30a-9:15a ♦ Tai Chi - Balance		9a - 10a 1st/Wed ♦ Senior Council	8:30a-9:15a ♦ Tai Chi - Arthritis	9a-11a ♫ Cribbage
9a-10:45a ♫ Yarn with Friends	9a-11a ♦ Crafty Quilters	9:30a-11a 3rd/Wed ♫ Crafts Class	9a-10:30a ♫ Be Well Clinic	
	9a-10:45a ♫ Line Dancing	10a-12p 2nd & 4th/Wed ☼ Tech Time w/ Mary	9a-10:45a ♫ Line Dancing	
10:30a-11:15a ♦ Jennies Exercise		10:30a-11a ♦ Qi Gong		10:30a-11:15a ♦ Jennies Exercise
12:30p-1:30p 2nd/Mon ♦ Karaoke			11a-12:30p 2nd/Thurs ♫ Estate Planning	
12:30p-3p ♫ Bridge	12:30p-3p ♫ Bridge	12p-3p ☼ Hand & Foot		12:45p-2:15p ♫ Creative Arts
12:30p-1:30p 3rd/Mon ♦ Rocky Entertains	1p-4p ♦ Pinochle	1p-3p ♫ BINGO	1p-3p ♫ Wood Carving	
12:30p-1:30p 4th/Mon ♦ Backroads of MT		3p-4:30p 1st/Wed ♦ Grief Group		
SUNDAY ♦ 1p-4p Pinochle				

Parlor Hours: Monday - Friday 8a-4p Enjoy Games, Puzzles, books, and great company!