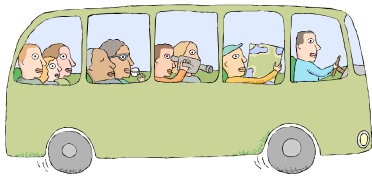


Senior Programs

Cultural Bus Tours Age: 55+

Enjoy a variety of interesting excursions around Washington and Oregon. Trips are advertised in Camas' local newspaper, the Post Record, in the Around Town section. Fee includes comfortable bus transportation. Lunch on own. Registration required on all trips. Call LaRhea Steele at 834-3727 for details on upcoming trips and to reserve your spot.



Casino Tours Age: 55+

Join the Camas Senior Center each month for casino tours in Oregon and Washington. Fee includes comfortable tour bus transportation. Lunch on own. Registration required on all trips. Call Jerry Steele at 834-3727 or 904-4274.

Jerry Steele
Joyce Garver Auditorium,
1612 NE Garfield St.
Fee: \$5.00

All busses board 7:15AM; depart 7:30AM

Lucky Eagle, WA
Friday, September 21

Red Wind, WA
Monday, October 15

Lucky Eagle, WA
Friday, November 16

Red Wind, WA
Monday, December 17

SENIOR LUNCHESES Age: 60+

Enjoy a hot, nutritious lunch every Friday with Camas Loaves & Fishes at the Camas Community Center. Doors open at 10:00 AM for coffee and activities and lunch is served at Noon. A \$3.00 donation is suggested.

Loaves & Fishes
Camas Community Center
Fee: \$3.00 suggested donation for lunch

FRIDAYS; 10:00AM - 2:30PM
September 7 - December 28

ENHANCE FITNESS Age: 60+

Join Loaves & Fishes for a fun fitness class designed for older adults. Go at your own pace in a class that combines strength training, flexibility, balance and cardio conditioning. Exercise led by a certified instructor. Wear loose, comfortable clothing and shoes.

Loaves & Fishes Staff
Camas Community Center
Fee: None

FRIDAYS; 10:00AM – 11:00AM
September 7 – December 28

BINGO Age: 50+

Come play a variety of bingo games the second Friday of every month.

Camas Senior Board
Camas Community Center
Fee: \$2.00 per card; 10 games played

FRIDAYS; 12:45PM - 2:30PM

- September 14
- October 12
- November 9
- December 14