


Monday	Tuesday	Wednesday	Thursday	Friday
<p>August 2017</p> 	<p>9:00 Hawaiian Dance Lessons 1 9:00 Robin's Exercise &amp; Health 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 1:00 Beginning Drama 6:00 Tuesday Evening Dance</p>	<p>8:00 Walking Group 2 8:30 Tai Chi Chuan 8:30 San Diego Harbor Cruise/Old Town Trip 9:00 Line Dance Lessons 10:30 Gentle Yoga &amp; Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit &amp; Healthy with Kenny</p>	<p>9:00 Crocheting &amp; Knitting Class 3 10:00 Exercise Plus Health Class 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health 4:30 Karaoke Up!</p>	<p>8:00 Walking Group 4 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Photography &amp; More 10:00 Blood Pressure Checks 10:30 Gentle Yoga &amp; Pilates 10:30 Diabetes Support Group 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 &amp; 1:30 Fit &amp; Healthy with Kenny 12:30 Movie: "Fantastic Beasts"</p>
<p>8:00 Walking Group 8:30 Korean Dance 7 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun &amp; Fitness Health 9:00 &amp; 12:30 Medicare Counseling - HICAP 10:30 Gentle Yoga &amp; Pilates 10:30 Korean Folk Song Class 11:30 Table Tennis 11:30 Lunch - SeniorServ 12:30 Bingo 1:00 Chess 1:00 VITAS Support 1:00 Caring Companions 3:00 German Conversation Group 7:00 Alzheimer's Caregiver Support Group</p>	<p>9:00 Hawaiian Dance Lessons 8 9:00 Robin's Exercise &amp; Health 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 1:00 Beginning Drama 6:00 Tuesday Evening Dance</p>	<p>8:00 Walking Group 9 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:00 Our World 10:30 SeniorServ Bingo 10:30 Gentle Yoga &amp; Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit &amp; Healthy with Kenny</p>	<p>9:00 Crocheting &amp; Knitting Class 10 9:00 CalFresh Enrollment 10:00 Exercise Plus Health Class 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health 12:15 Legal Aid</p>	<p>8:00 Walking Group 11 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Photography &amp; More 10:00 SeniorServ Hawaiian Luau Party 10:30 Gentle Yoga &amp; Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 &amp; 1:30 Fit &amp; Healthy with Kenny <i>No movie today.</i> <i>No Korean Parkinson's Support Group today.</i></p>
<p>8:00 Walking Group 8:30 Korean Dance 14 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun &amp; Fitness Health 10:30 Korean Folk Song Class 10:30 Gentle Yoga &amp; Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Bingo 1:00 Chess 1:00 VITAS Bereavement Support Group 3:00 German Conversation Group</p>	<p>9:00 Hawaiian Dance Lessons 15 9:00 Robin's Exercise &amp; Health 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 1:00 Beginning Drama 6:00 Tuesday Evening Dance</p>	<p>8:00 Walking Group 16 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:30 Gentle Yoga &amp; Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit &amp; Healthy with Kenny</p>	<p>9:00 Crocheting &amp; Knitting Class 17 10:00 Exercise Plus Health Class 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health 1:00 Senior Club Board Meeting</p>	<p>8:00 Walking Group 18 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Photography &amp; More 10:00 Blood Pressure Checks 10:30 Gentle Yoga &amp; Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 &amp; 1:30 Fit &amp; Healthy with Kenny 12:30 Movie: "Going in Style"</p>
<p>8:00 Walking Group 8:30 Korean Dance 21 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun &amp; Fitness Health 9:00 Medicare Counseling - HICAP 10:30 Korean Folk Song Class 10:30 Gentle Yoga &amp; Pilates 11:30 Table Tennis 11:30 Lunch - SeniorServ 12:30 Medicare Counseling - HICAP 12:30 Bingo 1:00 Chess 1:00 VITAS Support 3:00 German Conversation Group</p>	<p>9:00 Hawaiian Dance Lessons 22 9:00 Robin's Exercise &amp; Health 10:30 Belly Dance Lessons 10:30 Health: Cholesterol Management 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 1:00 Beginning Drama 6:00 Tuesday Evening Dance</p>	<p>8:00 Walking Group 23 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 9:00 Wells Fargo/Grand Central Market/Broad Museum Trip 10:00 Our World 10:30 Gentle Yoga &amp; Pilates 10:30 SeniorServ Bingo 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit &amp; Healthy with Kenny</p>	<p>9:00 Crocheting &amp; Knitting Class 24 10:00 Exercise Plus Health Class 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health Class</p>	<p>8:00 Walking Group 25 8:00 Bulletin Collation 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Photography &amp; More 10:30 Gentle Yoga &amp; Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 &amp; 1:30 Fit &amp; Healthy with Kenny 12:30 Movie: "The Shack"</p>
<p>Same as Monday, August 21, except: Add: 9:30 CTAP Telephone Services 28 Delete: Medicare Counseling - HICAP</p>	<p>Same as Tuesday, August 22, except: Add: 10:30 Braille Institute Phone Workshop 29</p>	<p>Same as Wednesday, August 23, except: Delete: Wells Fargo History Museum/ Grand Central Market/Broad Museum Trip Our World SeniorServ Bingo 30</p>	<p>Same as Wednesday, August 24. 31</p>	<p><b>Walking Group</b> <i>Mondays, Wednesdays &amp; Fridays</i> <i>8 to 9 a.m.</i> Start your day off on the right foot . . . Walking Group leaves from Grand Hall C.</p>