


Monday	Tuesday	Wednesday	Thursday	Friday
<p>September 2017</p> 				<p>8:00 Walking Group 8:30 Tai Chi Practice 1 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:30 Photography & More 10:00 Blood Pressure Checks 10:30 Gentle Yoga & Pilates 10:30 Diabetes Support Group 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie: "The Zookeeper's Wife" 5:30 Table Tennis</p>
<p>Center Closed for Labor Day Holiday</p>	<p>4 9:00 Hawaiian Dance Lessons 5 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection 6:00 Tuesday Evening Dance</p> <p>No Robin's Exercise & Health Class today. No Beginning Drama today.</p>	<p>6 8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis</p> <p>No Fit & Healthy with Kenny today.</p>	<p>7 9:15 Senior Reading Club 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ 4:30 Karaoke Up</p> <p>No Crocheting & Knitting Class today. No LEAP Fitness classes today.</p>	<p>8 8:00 Walking Group 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 10:30 Photography & More 10:00 Korean Parkinson's Support Group 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Movie: "The United Kingdom" 5:30 Table Tennis</p> <p>No LEAP Fitness classes today.</p>
<p>8:00 Walking Group 8:30 Korean Dance 11 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health - Video Exercise 9:00 Pechanga Resort/Casino Trip 10:30 Korean Folk Song Class 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Bingo 1:00 Chess 1:00 Ballroom Class 1:00 Caring Companions 1:00 VITAS Bereavement Support Group 7:00 Alzheimers Caregiver Support Group</p>	<p>12 9:00 Hawaiian Dance Lessons 9:00 Robin's Exercise & Health 10:00 Health Care Legal Aid Workshop 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>13 8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:00 Our World 10:30 Gentle Yoga & Pilates 10:30 SeniorServ Bingo 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny</p>	<p>14 9:00 Crocheting & Knitting Class 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 11:30 Lunch - SeniorServ 12:15 Legal Aid 2:00 "It's Your Money" Series (1 of 8)</p>	<p>15 8:00 Walking Group 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:30 Photography & More 10:00 Mexican Independence Day Party 10:00 Blood Pressure Checks 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie: "Gifted" 5:30 Table Tennis</p>
<p>8:00 Walking Group 18 8:30 Korean Dance Class 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health - Video Exercise 9:00 & 12:30 Medicare Counseling - HICAP 10:30 Gentle Yoga & Pilates 10:30 Korean Folk Song Class 11:30 Table Tennis 11:30 Lunch - SeniorServ 12:30 Bingo 1:00 Chess 1:00 VITAS Bereavement Support Group 1:00 Ballroom Dance Class</p>	<p>19 9:00 Hawaiian Dance Lessons 9:00 Robin's Exercise & Health 10:00 Macular Degeneration Seminar 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>20 8:00 Walking Group 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny</p>	<p>21 9:00 Crocheting & Knitting Class 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ 1:00 Senior Club Board Meeting 2:00 "It's Your Money" Series (2 of 8)</p>	<p>22 8:00 Walking Group 8:00 Bulletin Collation 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:30 Photography & More 10:00 Western Day Dance 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie: "Singing in the Rain" 5:30 Table Tennis</p>
<p>25 Same as Monday, September 18, except: Add: 9:00 Fun & Fitness Health 10:00 CalOptima PACE Presentation Delete: Medicare Counseling - HICAP No CTAP today.</p>	<p>26 Same as Tuesday, September 19.</p>	<p>27 Same as Wed. September 20 except: Add: 9:00 am Old Town Pasadena/ Norton Simon Trip 10:00 Our World 10:30 SeniorServ Bingo</p>	<p>28 Same as Thursday, September 21 except: Add: 10:30 SeniorServ Birthdays Delete: Senior Grocery Program Senior Club Board Meeting</p>	<p>29 Same as Friday, September 22 except: Delete: Bulletin Collation Western Day Dance No Movie today.</p>