


Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Walking Group 8:30 Korean Dance 2 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health - Video Exercise 9:30 & 12:30 Medicare Counseling - HICAP 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 VITAS Support 1:00 Ballroom Class 1:00 Caring Companions 7:00 Alzheimer's Caregiver Support Group	9:00 Hawaiian Dance Lessons 3 9:00 Robin's Exercise & Health 9:00 Staying Mentally Sharp 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	8:00 Walking Group 4 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 9:00 LA Police Museum/Phillip the Original/ Olvera Street Trip 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny	9:00 Crocheting & Knitting Class 5 9:00 Staying Mentally Sharp 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health Class 2:00 "It's Your Money" Series (4 of 8) 4:30 Karaoke Up	8:00 Walking Group 8:30 Tai Chi Practice 6 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:30 Photography & More 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
8:00 Walking Group 9 8:30 Korean Dance Class 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health - Video Exercise 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	9:00 Hawaiian Dance Lessons 10 9:00 Robin's Exercise & Health Class 9:00 Staying Mentally Sharp 9:00 Beginner's Bridge Class 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	8:00 Walking Group 11 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 1:00 Mature Driver Class Part I	9:00 Crocheting & Knitting Class 12 9:00 Staying Mentally Sharp 9:15 Senior Reading Club 10:00 HICAP - Medicare Updates Seminar 10:00 Exercise Plus Health Class 10:30 SeniorServ Birthdays 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health Class 12:15 Legal Aid 1:00 Mature Driver Class Part II 2:00 It's Your Money Series (5 of 8)	8:00 Walking Group 13 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Korean Parkinson's Support Group 10:30 Photography & More 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Movie: "The Lost City of Z" 12:30 & 1:30 Fit & Healthy with Kenny 5:30 Table Tennis
8:00 Walking Group 16 8:30 Korean Dance 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health - Video Exercise 12:30 Medicare Counseling -HICAP 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 VITAS Bereavement Support Group <i>No Korean HICAP Counseling today.</i>	9:00 Hawaiian Dance Lessons 17 9:00 Robin's Exercise & Health 9:00 Staying Mentally Sharp 9:00 Beginner's Bridge Class 9:00 Healthier Living w/Chronic Conditions 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	8:00 Walking Group 18 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	9:00 Crocheting & Knitting Class 19 9:00 Staying Mentally Sharp 9:00 Senior Flu Clinic Craft & Resource Fair 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 10:00 AFC Vacations Travel Preview 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health Class 1:00 Senior Club Board Meeting 2:00 "It's Your Money" Series (6 of 8)	8:00 Walking Group 20 8:00 Bulletin Collation 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 Blood Pressure Checks 10:30 Photography & More 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 & 5:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie: "Wonder Woman"
8:00 Walking Group 23 8:30 Korean Dance Class 9:00 Needlecraft Service Group 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health - Video Exercise 9:30 CTAP Telephone Services 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	9:00 Hawaiian Dance Lessons 24 9:00 Robin's Exercise & Health 9:00 Staying Mentally Sharp 9:00 Beginner's Bridge Class 9:00 Healthier Living w/Chronic Conditions 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	8:00 Walking Group 25 8:30 Tai Chi Chuan 8:30 Bates Nut Farm/Valley View Casino Trip 9:00 Line Dance Lessons 9:00 Medicare Annual Enrollment 10:00 Our World 10:30 SeniorServ Bingo 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny 6:00 Rheumatoid Arthritis Seminar	9:00 Crocheting & Knitting Class 26 9:00 Staying Mentally Sharp 9:15 Senior Reading Club 10:00 Exercise Plus Health Class 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health Class 1:00 Senior Club Board Meeting 2:00 "It's Your Money" Series (7 of 8) 3:00 Senior Club Halloween Bash Social	8:00 Walking Group 27 8:30 Tai Chi Practice 8:30 Beginners' Tai Chi Practice 9:00 Fitness - Help Yourself to Health 10:00 SeniorServ Harvest Day Dance 10:30 Photography & More 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie: "The Mummy" (1932) 5:30 Table Tennis
Same as Monday, October 23 except: Delete: CTAP Telephone Services 30	Same as Tuesday, October 24 31		<b>October 2017</b>	