

Monday	Tuesday	Wednesday	Thursday	Friday
February 2018			9:00 Zumba Gold 9:00 Crocheting & Knitting 9:00 Staying Mentally Sharp 9:15 Senior Reading Club 10:00 Exercise Plus Health 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health 12:30 Income Tax Assistance Program 4:30 Karaoke Up!	8:00 Walking Group 8:30 Tai Chi Practice 8:30 Tai Chi Chuan 9:00 Help Yourself to Health 10:00 Photography & More 10:00 Blood Pressure Checks 10:30 Diabetes Support Group 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Movie - "Goodbye Christopher Robin" 12:30 Fit & Healthy with Kenny 5:30 Table Tennis
8:00 Walking Group 8:30 Korean Dance 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health Video Exercise 9:00 Needlecraft Service Group 9:00 & 12:30 Medicare Counseling - HICAP 10:30 Korean Folk Song Class 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Bingo 1:00 Chess 1:00 Ballroom Class 1:00 VITAS Bereavement Support Group 1:00 Caring Companions 7:00 Alzheimer's Caregiver Support Group <i>No Gentle Yoga & Pilates today.</i>	9:00 Hawaiian Dance Lessons 9:00 Staying Mentally Sharp 9:00 Robin's Health & Exercise 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 8:30 Tai Chi Chuan 8:30 Beginning Tai Chi Chuan 9:00 Line Dance Lessons 9:00 Getty Center Trip 10:00 Make a Difference Volunteering Seminar 10:30 SeniorServ Bingo 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny <i>No Gentle Yoga & Pilates today.</i>	9:00 Zumba Gold 9:00 Crocheting & Knitting 9:00 Staying Mentally Sharp 9:15 Senior Reading Club 10:00 Exercise Plus Health 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health 12:15 Legal Aid 12:30 Income Tax Assistance Program	8:00 Walking Group 8:30 Tai Chi Practice 8:30 Tai Chi Chuan 9:00 Fitness - Help Yourself to Health 10:00 Korean Parkinson's Support Group 10:00 Photography & More 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny 12:30 Movie - "Victoria & Abdul" 5:30 Table Tennis <i>No Gentle Yoga & Pilates today.</i>
8:00 Walking Group 8:30 Korean Dance Class 9:00 Longevity Stick Balance 9:00 Fun & Fitness Health Video Exercise 9:00 Needlecraft Service Group 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 9:00 Staying Mentally Sharp 9:00 Robin's Health & Exercise 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 8:30 Tai Chi Chuan 8:30 Beginning Tai Chi Chuan 9:00 Line Dance Lessons 10:00 Our World 10:00 SeniorServ Valentine's Day Dance 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny	9:00 Zumba Gold 9:00 Crocheting & Knitting 9:00 Staying Mentally Sharp 9:15 Senior Reading Club 10:00 Exercise Plus Health 11:30 Lunch - SeniorServ 12:00 Fitness Zone Health 12:30 Income Tax Assistance Program 1:00 Senior Club Board Meeting 3:00 Senior Club Winter Wonderland Social	8:00 Walking Group 8:00 Bulletin Collation 8:30 Tai Chi Practice 8:30 Tai Chi Chuan 10:00 Blood Pressure Checks 10:00 Photography & More 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Movie - "Our Souls At Night" 5:30 Table Tennis <i>No Help Yourself to Health or Fit & Healthy with Kenny today.</i>
8:00 Walking Group 8:30 Korean Dance 9:00 Longevity Stick Balance 9:00 Needlecraft Service Group 9:00 & 12:30 Medicare Counseling -HICAP 10:30 Gentle Yoga & Pilates 10:30 Korean Folk Song Class 11:30 Table Tennis 12:30 Bingo 1:00 Chess 1:00 Ballroom Class 1:00 VITAS Bereavement Support Group <i>No Fun & Fitness Health or Lunch - SeniorServ today.</i>	9:00 Hawaiian Dance Lessons 9:00 Staying Mentally Sharp 9:00 Robin's Health & Exercise 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 8:30 Tai Chi Chuan 8:30 Beginning Tai Chi Practice 9:00 Line Dance Lessons 10:30 Gentle Yoga and Pilates 10:30 SeniorServ Bingo 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny 1:00 Tips for a Healthy New Year Seminar	9:00 Zumba Gold 9:00 Staying Mentally Sharp 9:00 Crocheting & Knitting 9:15 Senior Reading Club 10:00 Exercise Plus Health 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ Dining Program 12:00 Fitness Zone Health 12:30 Income Tax Assistance Program	8:00 Walking Group 8:30 Tai Chi Practice 8:30 Tai Chi Chuan 9:00 Fitness - Help Yourself to Health 10:00 Photography & More 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny 12:30 Movie - "Greater" 5:30 Table Tennis
Same as Monday, February 19 except: Add: 9:00 Fun & Fitness Health 9:30 CTAP Telephone Services 11:30 Lunch - SeniorServ Delete: Medicare Counseling - HICAP	Same as Tuesday, February 20.	Same as Wednesday, February 21 except: Add: 10:00 a.m. Our World 10:30 a.m. SeniorServ Birthdays		