


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Center Closed for New Year's Day Holiday</p>	<p>2</p> <p>9:00 Hawaiian Dance Lessons 10:30 Belly Dance Lessons 11:30 Lunch - SeniorServ 12:00 Duplicate Bridge 12:30 Creative Coloring Connection</p> <p><i>No Beginning Drama, Staying Mentally Sharp, Robin's Exercise & Health Class or Tuesday Evening Dance today.</i></p> <p>Center closes at 7:00 p.m.</p>	<p>3</p> <p>8:00 Walking Group 8:30 Tai Chi Chuan 8:30 Beginning Tai Chi Chuan 9:00 Line Dance Lessons 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis</p> <p><i>No Fit & Healthy with Kenny today.</i></p>	<p>4</p> <p>9:00 Zumba Gold 9:00 Crocheting & Knitting 9:15 Senior Reading Club 10:45 Senior Grocery Program 11:30 Lunch - SeniorServ 4:30 Karaoke Up!</p> <p><i>No Staying Mentally Sharp, Fitness Zone Health or Exercise Plus Health today.</i></p>	<p>5</p> <p>8:00 Walking Group 8:30 Tai Chi Practice 8:30 Tai Chi Chuan 10:00 Photography & More 10:00 Diabetes Education Series (1 of 4) 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 - "Pure Country, Pure Heart" 5:30 Table Tennis</p> <p><i>No Fit & Healthy with Kenny today.</i></p>
<p>8</p> <p>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 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</p>	<p>9</p> <p>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</p>	<p>10</p> <p>8:00 Walking Group 8:30 Tai Chi Chuan 8:30 Beginning Tai Chi Chuan 9:00 Line Dance Lessons 9:00 California Science Center Trip 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's Course</p>	<p>11</p> <p>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 12:15 Legal Aid 1:00 Mature Driver's Course</p>	<p>12</p> <p>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 Diabetes Education Series (2 of 4) 10:00 Photography & More 10:00 SeniorServ Winter Day Dance 10:30 Gentle Yoga & Pilates 11:30 Lunch 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 5:30 Table Tennis</p> <p><i>No Movie today.</i></p>
<p>15</p> <p>8:00 Walking Group 8:30 Korean Dance Class 9:00 Longevity Stick Balance 9:00 Needlecraft Service Group 9:30 & 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>16</p> <p>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</p>	<p>17</p> <p>8:00 Walking Group 8:30 Tai Chi Chuan 8:30 Beginning Tai Chi Chuan 9:00 Line Dance Lessons 10:00 Blood Pressure Management Seminar 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny</p>	<p>18</p> <p>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 1:00 Senior Club Board Meeting</p>	<p>19</p> <p>8:00 Walking Group 8:00 Bulletin Collation 8:30 Tai Chi Practice 8:30 Tai Chi Chuan 9:00 Fitness - Help Yourself to Health 10:00 Blood Pressure Checks 10:00 Photography & More 10:00 Diabetes Education Series (3 of 4) 10:30 Gentle Yoga & Pilates 11:30 Lunch 11:30 Table Tennis 12:30 & 1:30 Fit & Healthy with Kenny 12:30 Movie - "The Mountain Between Us" 5:30 Table Tennis</p>
<p>22</p> <p>8:00 Walking Group 8:30 Korean Dance 9:00 Fun & Fitness Health Video Exercise 9:00 Longevity Stick Balance 9:00 Needlecraft Service Group 9:00 Pauma Casino Trip 9:00 & 12:30 Medicare Counseling -HICAP 10:30 Gentle Yoga & Pilates 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</p>	<p>23</p> <p>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</p>	<p>24</p> <p>8:00 Walking Group 8:30 Tai Chi Chuan 8:30 Beginning Tai Chi Practice 9:00 Line Dance Lessons 10:00 Our World 10:30 Gentle Yoga and Pilates 10:30 SeniorServ Bingo 11:30 Lunch - SeniorServ 11:30 Table Tennis 12:30 Fit & Healthy with Kenny</p>	<p>25</p> <p>9:00 Zumba Gold 9:00 Staying Mentally Sharp 9:00 Crocheting & Knitting 9:15 Senior Reading Club 10:00 Exercise Plus Health 10:00 SeniorServ Birthdays 11:30 Lunch - SeniorServ Dining Program 12:00 Fitness Zone Health 1:00 Senior Club Board Meeting</p>	<p>26</p> <p>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 10:00 Diabetes Education Series (4 of 4) 10:30 Gentle Yoga & Pilates 11:30 Lunch - SeniorServ Dining Program 11:30 Table Tennis 12:30 Fit & Healthy with Kenny 12:30 Movie - "Dunkirk" 5:30 Table Tennis</p>
<p>29</p> <p>Same as Monday, January 22 except: Add: 9:00 CTAP Telephone Services Delete: Pauma Casino Trip</p>	<p>30</p> <p>Same as Tuesday, January 23.</p>	<p>31</p> <p>Same as Wednesday, January 24 except: Delete: Our World SeniorServ Bingo</p>		
<h1>January 2018</h1>				