

SUMMER SCHEDULE 2024

MONDAYS:

STRENGTH/CONDITION CLASS: 9-10 AM (FREE)

SELF-DEFENSE CLASS: 10:15-11:15 AM (FREE)

BRIDGE: 12:00-3 PM (FREE)

SMART PHONE CLASS: 2:00-2:45 PM (FREE)

WEDNESDAYS:

CHAIR YOGA: 11:45AM-1:00 PM (\$5 PER CLASS)

KNITTING & QUILTING: 9:00 AM-2:30 PM (FREE)

POKER: (FRIENDLY GAMES) 1-4:30 PM (FREE)

BASIC COMPUTER CLASS: 2:00-2:45PM (FREE)

THURSDAYS:

YOGA: 9:30-11:30 AM (\$5 PER CLASS)

THURSDAY ACTING GROUP (T.A.G.) 10AM-2PM

*LINE DANCE CLASS: 1-2 PM (FREE)

*(START DATE PENDING)

INTRO SPANISH 1 & 2: 1:30-2:30 PM (\$10)

WEEKLY/MONTHLY ACTIVITIES

COMPUTER LAB: MON.-FRI. 10 AM-3:30 PM

MOVIE DAY: LAST WED. OF MONTH: 1:30-

4:00 PM (FREE)

GENERAL MEMBER MTGS: 3RD THURS. OF
MONTH: 1PM (NO MTG IN AUGUST)

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE

STOP BY OUR MAIN OFFICE TO INQUIRE ABOUT VOLUNTEER OPPORTUNITIES

TUESDAYS:

BINGO: 9:30-11:30 AM (\$0.25 PER CARD)

WALK IT OUT: 10:30-11:15 AM (FREE)

YOGA: 1:00-2:30 PM (\$5 PER CLASS)

COOKING : 4TH TUES. OF MONTH

1:00-2:30 PM (\$5 PER MONTH)

FRIDAYS:

STOP SENIOR SCAMS ACTING GROUP:

11 AM-1:30 PM (FREE)

POKER: (FRIENDLY GAMES) 1-4:30 PM

(FREE)

INTRO SPANISH 3: 1:15-2:00 PM

(\$10/SESSION)

SELF-DEFENSE CLASS: 1:45-2:45 PM

SUMMER TRIPS:

*6/10: METRO:LITTLE TOKYO (D-TWN LA)

6/27: DESCANSO GARDENS/ (9A-430P)

SAN ANTONIO WINERY (\$20)

7/18- SAN DIEGO TRIP (MALL & LUNCH)

*7/29-METRO: UNIVERSAL CITYWALK

8/9-DODGER GAME (4-11PM)

*METRO TRIPS: FREE, PUBLIC

TRANSPORTATION, & PATRONS MUST

COVER THEIR FOOD & TRAVEL COSTS