

SUMMER SCHEDULE 2024

MONDAYS:

STRENGTH/CONDITIONING CLASS: 9-10 AM (FREE)
SELF-DEFENSE CLASS: 10:15-11:15 AM (FREE)
BRIDGE: 12:00-2:30 PM (FREE)
SMART PHONE CLASS: 2:00-2:45 PM (FREE)

WEDNESDAYS:

CHAIR YOGA: 11:45AM-1:30 PM (\$5 PER CLASS)
KNITTING & QUILTING: 9:00 AM-2:30 PM
POKER: (FRIENDLY GAMES) 1:00-4:30 PM (FREE)
PING-PONG: 3:00-4:00 PM (FREE)

THURSDAYS:

YOGA: 9:30-11:30AM (\$5 PER CLASS)
*LINE DANCE CLASS: 1:00-2:00 PM (FREE)
*(START DATE PENDING)
INTRO TO SPANISH 1 AND 2: 2:00-2:50 PM
(\$10/ SESSION)

WEEKLY/MONTHLY ACTIVITIES

COMPUTER LAB: MON.-FRI. 10 AM-3:30 PM
MOVIE DAY: EVERY LAST WED. OF
MONTH: 1:30 PM (FREE)
GENERAL MEMBERSHIP MTGS: EVERY 3RD
THURS. OF MONTH: 1:00PM (NO MTG IN AUGUST)

TUESDAYS:

BINGO: 9:30-11:30 AM (\$0.25 PER CARD)
WALK & LUNCH CLASS: 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 PM (FREE)
POKER: (FRIENDLY GAMES) 1:00-4:30 PM
(FREE)
INTRO TO 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/
SAN ANTONIO WINERY
*7/1-METRO: UNIVERSAL CITYWALK TRIP
7/18- SAN DIEGO TRIP (MALL & LUNCH)
8/9-DODGER GAME

*METRO TRIPS ARE FREE, USE PUBLIC
TRANSPORTATION, & PATRONS MUST COVER
THEIR OWN FOOD AND TRAVEL COSTS

ALL PROGRAMS SUBJECT TO CHANGE OR CANCELLATION WITHOUT NOTICE
STOP BY OUR MAIN OFFICE TO INQUIRE ABOUT VOLUNTEER OPPORTUNITIES