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PHONE # / NUMERO DE TELEFONO: (213) 485-9143



January, February, March 2025 WINTER SCHEDULE Enero, Febrero, Marzo

Time / Tiempo	Monday / Lunes	Tuesday / Martes	Wednesday / Miercoles	Thursday / Jueves	Friday / Viernes
9:00AM-10:00AM	EJERCICIO PARA ARTRITIS 	YOGA \$1 	AEROBICS \$1 	Social Time / Tiempo Social 	EJERCICIO PARA ARTRITIS 
10:00AM-11:00AM	AEROBICS \$1 	BINGO  Comienza 10:30a.m.	AEROBICS \$1 	EMBROIDARY & KNITTING 	BINGO  Comienza 10:30a.m.
11:00AM-12:00PM	LUNCH / Almuerzo 	LUNCH / Almuerzo 	LUNCH / Almuerzo 	LUNCH / Almuerzo 	LUNCH / Almuerzo 
12:00PM-1:00PM	Loteria  Comienza 12:30p.m.	BINGO  Termina 12:30p.m.	EDIBLE CRAFTS  LUNCH!	Informative Workshops 	BINGO  Termina 12:30p.m.
1:00PM-2:00PM	Loteria  Termina 1:30p.m.	Mental Health / Salud Mental 	Seniors helping seniors BEGINS @1:30 PM 	Loteria  Comienza 1:30p.m.	AEROBICS \$1 
2:00PM-3:00PM	ARTS & CRAFTS 	Loteria  Comienza 2:30p.m.	Seniors helping seniors Ends @ 2:30PM 	Loteria  Termina 2:30p.m.	Loteria  Comienza 2:30p.m.
3:00PM-4:00PM	Smart Phone & Tech Support 	Loteria  Termina 3:30p.m.	Loteria  Comienza 3:30p.m.	YOGA \$1 	Loteria  Termina 3:30p.m.
4:00PM-5:00PM	YOGA \$1 	Friendly Card Games 	Loteria  Termina 4:30p.m.	Friendly Card Games 	ARTS & CRAFTS 

\$5 Monthly Required for Membership
\$5 Mensual requerida Para membresía

Low cost \$1 classes
Clases de bajo costo \$1

* SUBJECT TO CHANGE*
SUJETO A CAMBIOS