

Monday	Tuesday	Wednesday	Thursday	Friday	
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 2 <b>9:00 Self-Management Health Workshop-E/W Room</b> 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 10 10:00 Adult Fitness-Room 3-4 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	7:30 Chess Club-Room 1 8:45 Balance & Mobility-Room 3/4 9:30 Stretch and Flex-East/West Room 10:00 Adult Fitness-Room 3/4 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:30 Intermediate Computer-Room 11 12:30 Beginning Adult Fitness-Room 3/4 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	8:00 Preventive Health 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-East/West Room 11:00 <b>Talk: "Stress"</b> -Dining Room 11:45 Lunch 12:30 Mexican Train Dominos-Room 10 12:45 Bingo	7:30 Chess-Room 10 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick 9:00 Dance Aerobics 2-East/West Room 10:30 Dance Aerobics 3-East/West Room <b>10:00 Hi-Cap-Vietnamese by appointment</b> 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East-West Room	8:30 Tai Chi-Room E/W 9:00 Yarn Spinners-Room 1 <b>9:15 Movie: "Fried Green Tomatoes"</b> 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 3/4 <b>10:00 Legal Aid-by appointment</b> <b>11:30 Podiatrist-By appointment</b> 11:30 Lunch <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Open 8:00 AM-1:00 PM</b> </div>	
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 2 <b>9:00 Self-Management Health Workshop-E/W Room</b> 9:00 Intermediate Computer-Room 11 <b>10:00 Hi-Cap-by appointment</b> 10:00 Adult Fitness-Room 3-4 10:00 Mah Jongg-Room 10 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	7:30 Chess Club-Room 1 8:45 Balance & Mobility-Room 3/4 10:00 Adult Fitness-Room 3/4 <b>10:00 Manicures &amp; Haircuts</b> 11:45 Lunch 12:30 Intermediate Computer-Room 11 12:30 Beginning Adult Fitness-Room 3/4 <div style="text-align: center; padding: 10px;"> <b>Trip to Lake Arrowhead</b> </div>	<b>8:00 Commodities-Room 10</b> 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-East/West Room 11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo	7:30 Chess-Room 5 8:45 Balance & Mobility -Room 3/4 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick <b>10:30 LUAU PARTY-East/West Room (reservations only)</b> 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness - Room 3/4	8:30 Tai Chi-A/B Room 9:00 Yarn Spinners-Room 1 <b>9:15 Movie: "The Rainmaker"</b> 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 11:45 Lunch	
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 <b>9:00 Self-Management Health Workshop-E/W Room</b> 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 10 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	7:30 Chess Club-Room 1 10:00 Attorney-By appointment 11:45 Lunch 12:30 Intermediate Computer-Room 11	8:00 Preventive Health 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 11:45 Lunch <b>12:30 Diabetes Support Group-Room 3-4</b> 12:30 Mexican Train Dominos-Room 10 12:45 Bingo <div style="text-align: center; padding: 10px;"> <b>Dinner Group at Uncle Pete's Cafe</b> </div>	7:30 Chess-Room 5 <b>8:30 Safety Driving Class-Room 3-4</b> 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick <b>9:30 Pool Tournament</b> <b>10:00 Hi-Cap-Vietnamese by appointment</b> 11:45 Lunch 12:15 Bridge-Room 10	8:30 Tai Chi-Room A/B <b>8:30 Safety Driving Class-Room 3-4</b> 9:00 Yarn Spinners-Room 1 <b>9:15 Movie: "As Good As It Gets"</b> 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 11:30 Lunch <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Open 8:00 AM-1:00 PM</b> </div>	
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 10 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	7:30 Chess Club-Room 1 11:45 Lunch 12:30 Intermediate Computer-Room 11 <div style="text-align: center; padding: 10px;"> <b>Trip to Viejas Indian Casino</b> </div>	9:00 Yarn Spinners-Room 1 11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo	7:30 Chess-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick <b>11:00 Birthday Lunch w/entertainment</b> 12:15 Bridge-Room 10	8:30 Tai Chi-Room A/B 9:00 Yarn Spinners-Room 1 <b>9:15 Movie:"Bedtime Stories"</b> 9:30-11:15 Morning Bingo 10:00 Sudoku-Room 5 11:45 Lunch <div style="text-align: center; padding: 10px;"> <b>WOW BUS TRIP LYON AIR MUSEUM (Bus leaves at 9:30AM)</b> </div>	
9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Adult Fitness-East/West Room 10:00 Mah Jongg-Room 10 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	7:30 Chess Club-Room 1 10:00 Adult Fitness-Room 3/4 11:45 Lunch 12:30 Intermediate Computer-Room 11			<h1 style="font-family: serif;">AUGUST</h1> <h1 style="font-family: serif;">2010</h1>	