Monday	Tuesday	Wednesday	Thursday	Friday
	1 7:30 Chess Club-Room 1 8:45 Balance & Mobility-Room 3/4 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-Room 3/4 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3/4 12:30 Intermediate Computer-Room 11	**2** 9:00 Yarn Spinners-Room 1 9:00 Beg. Computer Class-Room 11 **9:00** Adult Fitness-Room 3/4-**today only** **11:00 Health Talk: "Healthy Eating"-DR** 11:30 Preventive Health 11:45 Lunch 12:45 Bingo *Trip to Farmers' Market* *12:30-2:00 p.m.*	**3** 7:30 Chess-Room 5 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 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 **Note:** **Coastline exercise classes cancelled today.**	**4** 8:30 Tai Chi-A/B Room 9:00 Yarn Spinners-Room 1 9:00 Legal Aid-by appointment **9:15 Movie: "Magnificent Obsession"** 9:30-11:15 Morning Bingo 10:30 Sudoku-Room 5 11:30 Lunch **Open 8:00AM-1:00PM**
7 CLOSED *for* LABOR DAY	**8** 7:30 Chess Club-Room 1 8:45 Balance & Mobility-Room 3/4 9:30 Stretch & Flex-East/West Room 10:00 Adult Fitness-Room 3/4 10:45 Low Impact Aerobics 2-East/West 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	**9** 9:00 Yarn Spinners-Room 1 9:00 Beg. Computer Class-Room 11 9:00 Commodities-Room 5 10:00 Adult Fitness-Room 3-4 11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo	**10** 7:30 Chess-Room 5 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3-4 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 12:15 Bridge-Room 10 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	**11** 8:30 Tai Chi-A/B Room **9:00 SCAT Meeting-Room A/B** 9:00 Yarn Spinners-Room 1 **9:15 Movie: "Imitation of Life"** 9:30-11:15 Morning Bingo 10:30 Sudoku-Room 5 11:30 Lunch
14 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 9:30 Hi-Cap-by appt. 10:00 Commission on Aging 10:00 Aerobics-E/W Room 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 Dance Aerobics 2-E/W Room 2:45 Dance Aerobics 1-E/W Room	**15** 7:30 Chess Club-Room 1 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3/4 9:30 Stretch & Flex-East/West Room 10:00 Adult Fitness **10:00 Attorney by Appointment** 10:45 Low Impact Aerobics 2-East/West Room 11:45 Lunch 12:30 Intermediate Computer-Room 11 12:30 Beginning Adult Fitness 12:45 Dance Aerobics 4-East /West Room	**16** 8:00 Preventive Health 9:00 Yarn Spinners-Room 1 9:00 Beg. Computer Class-Room 11 10:00 Adult Fitness-Room 3/4 11:45 Lunch 12:30 Diabetes Support Group-Room 5 12:45 Bingo Café Westminster	**17** 7:30 Chess-Room 5 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3-4 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 12:15 Bridge-Room 10 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	**18** 8:30 Tai Chi-A/B Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "Living Proof"** 9:30-11:15 Morning Bingo 10:30 Sudoku-Room 5 11:30 Lunch **Open 8:00AM-1:00PM**
21 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 9:30 Hi-Cap-Vietnamese-by appt. 10:00 Aerobics-E/W Room 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 Dance Aerobics 2-E/W Room 2:45 Dance Aerobics 1-E/W Room	**22** 7:30 Chess Club-Room 1 8:30 ESL-Room B 8:45 Balance & Mobility 9:00 Beginning Computer-Room 11-1st Class 9:30 Stretch & Flex-East/West Room 10:00 Adult Fitness 10:45 Low Impact Aerobics 2-East/West Room 11:45 Lunch 12:30 Intermediate Computer-Room 11 12:30 Beginning Adult Fitness 12:45 Dance Aerobics 4-East/West Room	**23** 9:00 Yarn Spinners-Room 1 9:00 Beg. Computer Class-Room 11 10:00 Adult Fitness-Room 3/4 **10:00 Maintain Your Brain-Dining Room** 11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo SYCUAN CASINO	**24** 7:30 Chess-Room 5 8:30 ESL-Room B 8:45 Balance & Mobility-Room 3-4 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 11:00 Birthday Lunch w/Entertainment-by reservation 12:15 Bridge-Room 10 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	**25** 8:30 Tai Chi-A/B Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "Coco Chanel"** 9:30-11:15 Morning Bingo 10:30 Sudoku-Room 5 11:30 Lunch
28 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 3/4 9:00 Intermediate Computer-Room 11 10:00 Aerobics-E/W Room 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 Dance Aerobics 2-E/W Room 2:45 Dance Aerobics 1-E/W Room	**29** 7:30 Chess Club-Room 1 8:30 ESL-Room B 8:45 Balance & Mobility 9:00 Beginning Computer-Room 11 9:30 Stretch & Flex-East/West Room 10:00 Adult Fitness 10:45 Low Impact Aerobics 2-East/West Room 11:45 Lunch 12:30 Intermediate Computer-Room 11 12:30 Beginning Adult Fitness 1:00 Dance Aerobics 4-East/West Room	**30** 9:00 Yarn Spinners-Room 1 9:00 Beg. Computer Class-Room 11 9:00 Class: "Transition to Retirement"-Room 10 10:00 Adult Fitness-Room 3/4 11:45 Lunch 12:45 Bingo *Trip to Farmers' Market* *12:30-2:00 p.m.*	SEPTEMBER 2009	