JANUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 **We re-open January 3rd**	**3** 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Beginning Computer-Room 11 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	**4** **8:00 Health Assessments** 9:00 Yarn Spinners-Room 1 **11:00 Health Talk "Cancer Prevention"-DR** 11:45 Lunch 12:00 Mexican Train Dominos-Room 10 12:45 Bingo	**5** 7:30 Chess-Room 5 8:30 ESL-Room B 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	**6** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "Social Network"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch **Open 8:00 AM-1:00 PM**
9 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Commission on Aging 10:00 Hi-Cap by Appointment 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:30 Intro. to Dance Aerobics-E/W Room	**10** 7:30 Chess Club-Room 1 8:30 ESL-Room B **9:00 Legal Aid-by appointment** 9:00 Beginning Computer-Room 11 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	**11** **8:00 Commodities-Room 5** **8:00Health Assessments** 9:00 Yarn Spinners-Room 1 11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo **Trip to San Manuel Casino**	**12** 7:30 Chess-Room 5 8:30 ESL-Room B 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	**13** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:00 S.C.A.T.-Room A/B** **9:15 Movie: "The Maltese Falcon"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 **9:30 W.O.W. Trip to Trader Joe's** 11:30 Lunch
16 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 **12:30 Life Story Writing-Room 5** 12:45 Bingo 1:00 Beginning Computer-Room 11 1:30 Intro. To Dance Aerobics-E/W Room	**17** 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Beginning Computer-Room 11 9:30 Stretch and Flex-East/West Room **10:00 Attorney-by appointment** 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	**18** **8:00 Health Assessments** 9:00 Yarn Spinners-Room 1 11:45 Lunch 12:00 Mexican Train Dominos-Room 10 12:45 Bingo **12:30 Diabetes Support Group-Room 5** **4:30 Dinner Group at Uncle Pete's**	**19** 7:30 Chess-Room 5 8:30 ESL-Room B 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	**20** 8:30 Tai Chi-E/W Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "The Way Home"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch **Open 8:00 AM-1:00 PM**
23 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 **9:15 Breakfast-Dining Room** 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 **12:30 Life Story Writing-Room 5** 12:45 Bingo 1:00 Beginning Computer-Room 11 1:30 Intro. to Dance Aerobics-E/W Room	**24** 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Beginning Computer-Room 11 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	**25** **8:00 Health Assessments** 9:00 Yarn Spinners-Room 1 11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo	**26** 7:30 Chess-Room 5 8:30 ESL-Room B 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 Birthday Lunch** 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	**27** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "Water For Elephants"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch
30 9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Adult Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 **12:30 Life Story Writing-Room 5** 12:30 Beginning Adult Fitness-Room A/B 12:45 Bingo 1:00 Beginning Computer-Room 11 1:30 Intro. to Dance Aerobics-E/W Room	**31** 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Beginning Computer-Room 11 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room			

All dates, times and locations on this calendar are subject to change. Not all activities may be listed.

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:00 Health Assessments 9:00 Balance & Mobility-Room 3/4 **8:30 Tax Preparation-Room 10-11** 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-E/W Room **11:00 Health Talk "Blood Pressure"-DR** 11:45 Lunch 12:00 Mexican Train Dominos-Room 10 12:30 Beginning Adult Fitness-E/W Room 12:45 Bingo	**2** 7:30 Chess-Room 5 8:30 ESL-Room B 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	**3** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "Captain America"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Podiatrist-By Appointment 11:30 Lunch **Open 8:00 AM-1:00 PM**
6 9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Adult Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 **12:30 Life Story-Room 5** 12:30 Beginning Adult Fitness-Room A/B 12:45 Bingo 1:00 Beginning Computer-Room 10 1:30 Intro. to Dance Aerobics-E/W Room	**7** 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Beginning Computer-Room 11 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room **Trip to Las Vegas Flamingo Hotel**	**8** **8:00 Commodities-Room 5** 8:00 Health Assessments **8:30 Tax Preparation-Room 10-11** 9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-E/W Room **10:00 Hospice 101 Talk-Room 10** 11:45 Lunch 12:30 Beginning Adult Fitness-E/W Room 12:30 Bunco-Room 10 12:45 Bingo	**9** 7:30 Chess-Room 5 8:30 ESL-Room B **8:30 Safety Driving-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 11:45 Lunch 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	**10** 8:30 Tai Chi-East/West Room **8:30 Safety Driving-Room 3-4** 9:00 Yarn Spinners-Room 1 **9:30 W.O.W. Bus to .99 STORE** **9:15 Movie: "A Man Without A Face"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch
13 9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Adult Fitness-Room A/B **10:00 Hi-Cap by Appointment** 11:45 Lunch 12:15 Bridge-Room 10 **12:30 Life Story-Room 5** 12:30 Beginning Adult Fitness-Room A/B 12:45 Bingo 1:00 Beginning Computer-Room 11 1:30 Intro. To Dance Aerobics-E/W Room	**14** 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Beginning Computer-Room 11 **9:00 Legal Aid-by appointment** 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room **11:00 Valentine's Day Lunch-E/W Room** 12:45 Dance Aerobics 4-East/West Room	**15** 8:00 Health Assessments **8:30 Tax Preparation-Room 10-11** 9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-E/W Room 11:45 Lunch 12:30 Beginning Adult Fitness-E/W Room 12:00 Mexican Train Dominos-Room 10 12:45 Bingo **2:30 Diabetes Support Group-Room 5** **4:30 Dinner Group at Marie Callendar's**	**16** 7:30 Chess-Room 5 8:30 ESL-Room B 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	**17** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "American Graffiti"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch **Open 8:00 AM-1:00 PM**
20 **CLOSED** **PRESIDENT'S DAY**	**21** 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Beginning Computer-Room 11 9:30 Stretch and Flex-East/West Room **10:00 Attorney-by appointment** 10:45 Low Impact Aerobics 2-E/W Room **11:00 Mardi Gras Lunch** w/**Entertainment** 12:45 Dance Aerobics 4-East/West Room	**22** 8:00 Health Assessments **8:30 Tax Preparation-Room 10-11** 9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-E/W Room 11:45 Lunch 12:30 Bunco-Room 10 12:30 Beginning Adult Fitness-E/W Room 12:45 Bingo	**23** 7:30 Chess-Room 5 8:30 ESL-Room B 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 Birthday Lunch** 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	**24** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "My Favorite Wife"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch
27 9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 10:00 Mah Jongg-Room 5 10:00 Adult Fitness-Room A/B 11:45 Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room A/B **12:30 Life Story-Room 5** 12:45 Bingo 1:00 Beginning Computer-Room 11 1:30 Intro. to Dance Aerobics-E/W Room	**28** 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Beginning Computer-Room 11 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room **Palm Springs Casino Hop Trip**	**29** **8:30 Tax Preparation-Room 10-11** 9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-E/W Room 11:45 Lunch 12:00 Mexican Train Dominos-Room 10 12:30 Beginning Adult Fitness-E/W Room 12:45 Bingo	**2012** **All dates, times and locations on this calendar are subject to change. Not all activities may be listed.**	