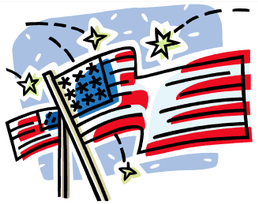
JULY 2011

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:00 Legal Aid-by appointment** **9:15 Movie: "The Tourist"** 9:30-11:15 Morning Bingo 11:30 Lunch
4  **CLOSED FOR INDEPENDENCE DAY** HAPPY 4TH OF JULY!!!	**5** 7:30 Chess Club-Room 1 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	**6** 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 9:30 Balance & Mobility 3/4 10:30 Adult Fitness-East/West Room **11:00 Health Talk:"Healthy Eating"** 11:45 Lunch 12:00 Mexican Dominoes-Room 10 12:30 Beginning Adult Fitness-Room E/W 12:45 Bingo	**7** 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 **9:30 Pool Tournament w/Boys & Girl's Club** 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	**8** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "Despicable Me"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch **Open 8:00 AM-1:00 PM**
11 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 9:30 Balance & Mobility Room 3/4 10:00 Mah Jongg-Room 5 **10:00 Hi-Cap-by appointment** **10:00 Commission on Aging** 10:30 Adult Fitness-Room 3/4 11:45 Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Bingo 1:00 Beginning Computer-Room 11 1:30 Intro to Dance Aerobics-East/West Room	**12** 7:30 Chess Club-Room 1 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	**13** 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 **8:00 Commodities-Room 5** 9:30 Balance & Mobility 3/4 10:30 Adult Fitness-East/West Room 11:45 Lunch 12:30 Bunco-Room 10 12:30 Beginning Adult Fitness-Room 3/4 **12:30 Diabetes Support Group-Room 10** 12:45 Bingo **Pageant of the Masters**	**14** 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	**15** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "Vegas Vacation"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch
18 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 9:30 Balance & Mobility Room 3/4 10:00 Mah Jongg-Room 5 10:30 Adult Fitness-Room 3-4 11:45 Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Bingo 1:00 Beginning Computer-Room 11 1:30 Intro to Dance Aerobics-East/West Room	**19** 7:30 Chess Club-Room 1 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	**20** 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 9:30 Balance & Mobility 3/4 10:30 Adult Fitness-East/West Room 11:45 Lunch 12:00 Mexican Train Dominoes-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Bingo **4:30 Dinner Group at Paul's Deli**	**21** 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 **Trip to Viejas**	**22** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "Letters to Juliet"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch **Open 8:00 AM-1:00 PM**
25 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:30 Balance & Mobility Room 3/4 10:00 Mah Jongg-Room 5 10:30 Adult Fitness-Room 3/4 11:45 Lunch 12:15 Bridge-Room 10 12:30 Adult Fitness-Room 3/4 12:45 Bingo 1:00 Beginning Computer-Room 11 1:30 Intro to Dance Aerobics-East/West Room	**26** 7:30 Chess Club-Room 1 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-East Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	**27** 8:00 Preventive Health 9:00 Yarn Spinners-Room 1 9:30 Balance & Mobility 3/4 10:30 Adult Fitness-East/West Room 11:45 Lunch 12:30 Bunco-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Bingo	**28** 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 **9:30 Pool Tournament w/Boys & Girl's Club** 10:30 Dance Aerobics 3-East/West Room **11:00 Birthday Lunch w/ Entertainment** 12:15 Bridge-Room 10 12:45 Dance Aerobics 4-East/West Room 3:00 Dance Aerobics 2/3-East/West Room	**29** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "The Incredible Mr. Limpet"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch **Note: All dates, times and locations on this calendar are subject to change. Not all activities may be listed**

AUGUST 2011

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 9:00 Intermediate Computer-Room 11 9:30 Balance & Mobility-Room 3/4 10:30 Adult Fitness-Room 3/4 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Bingo 1:00 Beginning Computer-Room 11 1:30 Intro to Dance Aerobics-East/West Room	**2** 7:30 Chess Club-Room 1 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	**3** 9:00 Yarn Spinners-Room 1 9:30 Balance & Mobility 3/4 10:30 Adult Fitness-East/West Room **11:00 Health Talk: "Healthy Back"** 11:45 Lunch 12:00 Mexican Train Dominos-Room 10 12:30 Beginning Adult Fitness-Room 3/4 12:45 Bingo **Last Day Summer Coastline Classes w/Mindy Masters**	**4** 7:30 Chess-Room 5 **8:30 Safety Driving Class-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	**5** 8:30 Tai Chi-East/West Room **8:30 Safety Driving Class-Room 3/4** 9:00 Yarn Spinners-Room 1 **9:00 Legal Aid-by appointment** **9:15 Movie: "National Velvet"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 **11:30 Podiatrist-by appointment only** 11:30 Lunch **Open 8:00 AM-1:00 PM**
8 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 5 **10:00 Hi-Cap-by appointment** 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 Beginning Computer– Room 11 1:30 Intro. to Dance Aerobics-East/West Room	**9** 7:30 Chess Club-Room 1 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	**10** **8:00 Commodities-Room 5** 9:00 Yarn Spinners-Room 1 11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo 	**11** 7:30 Chess-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick **11:00 LUAU-East/West Room** 12:15 Bridge-Room 10	**12** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "Cat on a Hot Tin Roof"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch
15 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo 1:00 Beginning Computer– Room 11-Last Day	**16** 7:30 Chess Club-Room 1 **10:00 Attorney-by appointment** 11:45 Lunch	**17** 9:00 Yarn Spinners-Room 1 11:45 Lunch 12:00 Mexican Train Dominos-Room 10 **12:30 Diabetes Support Group-Room A** 12:45 Bingo **4:30 Dinner Group at La Choza**	**18** 7:30 Chess-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick **9:30 Pool Tournament w/Boys & Girls Club** 11:45 Lunch 12:15 Bridge-Room 10	**19** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "The Taming of the Shrew"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch **Open 8:00 AM-1:00 PM**
22 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 10:00 Mah Jongg-Room 5 11:45 Lunch 12:15 Bridge-Room 10 12:45 Bingo	**23** 7:30 Chess Club-Room 1 **10:00 Manicures & Haircuts-West Room** 11:45 Lunch	**24** 8:00 Preventive Health 9:00 Yarn Spinners-Room 1 11:45 Lunch 12:30 Bunco-Room 10 12:45 Bingo	**25** 7:30 Chess-Room 5 9:00 Blood Pressure-Room 11 9:00 Crafts-Room 1 9:00 Longevity Stick **11:00 Birthday Lunch w/entertainment** 12:15 Bridge-Room 10	**26** 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 **9:15 Movie: "The Last Time I Saw Paris"** 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch
29 8:45 Balance & Mobility –Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Longevity Stick 9:00 Needlework-Room 10 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 3-4 12:45 Bingo **Coastline Classes w/Mindy Masters Fall Session begins**	**30** 7:30 Chess Club-Room 1 11:45 Lunch	**31** 8:00 Preventive Health 8:45 Balance & Mobility –Room 3-4 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-East/West Room 11:45 Lunch 12:00 Mexican Train Dominoes-Room 10 12:30 Beginning Adult Fitness-A/B Room 12:45 Bingo		

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