

Monday

Tuesday

Wednesday

Thursday

Friday

OCTOBER 2010



1
 8:30 Tai Chi-East/West Room
 9:00 Yarn Spinners-Room 1
 9:15 Movie: "Did You Hear About the Morgans?"
 9:30-11:15 Morning Bingo
 10:00 Sudoku-Room 5
10:00 Legal Aid-by appointment
11:30 Podiatrist-By appointment
 11:30 Lunch

Open 8:00 AM-1:00 PM

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-Room A/B
 10:00 Mah Jongg-Room 5
 11:45 Lunch
 12:15 Bridge-Room 10
 12:45 Bingo
 1:00 Intro to Dance Aerobics-East/West Room

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7:30 Chess Club-Room 1
 8:30 ESL-Room B
 8:45 Balance & Mobility-Room 3/4
 9:00 Beginning Computer-Room 11
 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

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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 **Talk: "Healthy Eating"**-Dining Room
 11:45 Lunch
 12:30 Mexican Train Dominos-Room 10
 12:45 Bingo

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Trip: Harrah's Casino

7:30 Chess-Room 10
 8:30 ESL-Room B
8:30 Drivers Safety Class-Room 3/4
 8:45 Balance & Mobility -Room A/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
 12:30 Beginning Adult Fitness-Room A/B
 12:45 Dance Aerobics 4-East/West Room
 3:00 Dance Aerobics 2/3-East/West Room

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8:30 Tai Chi-E/W Room
8:30 Driver Safety Class-Room 3/4
 9:00 Yarn Spinners-Room 1
9:00 SCAT Meeting-Room A/B
9:15 Movie: "Sherlock Holmes"
 9:30-11:15 Morning Bingo
 10:00 Sudoku-Room 5
 11:45 Lunch

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9:00 Yarn Spinners-Room 1
 9:00 Longevity Stick
 9:00 Needlework-Room 3/4
 9:00 Intermediate Computer-Room 11
10:00 Hi-Cap-by appointment
 10:00 Adult Fitness-Room A/B
 10:00 Mah Jongg-Room 5
 11:45 Lunch
 12:15 Bridge-Room 10
 12:45 Bingo
 1:00 Intro to Dance Aerobics-East/West Room

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7:30 Chess Club-Room 1
 8:30 ESL-Room B
 8:45 Balance & Mobility-Room 3/4
 9:00 Beginning Computer-Room 11
 9:00 Beginning Computer-Room 11
 9:30 Stretch and Flex-East/West Room
10:00 Manicures and Haircuts-E/W 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

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8:00 Commodities-Room 5
 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

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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
 11:45 Lunch
 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

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8:30 Tai Chi-E/W Room
 9:00 Yarn Spinners-Room 1
9:15 Movie: "Where The Wild Things Are"
 9:30-11:15 Morning Bingo
 10:00 Sudoku-Room 5
 11:30 Lunch

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Open 8:00 AM-1:00 PM

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-Room A/B
 10:00 Mah Jongg-Room 5
 11:45 Lunch
 12:15 Bridge-Room 10
 12:45 Bingo
 1:00 Intro to Dance Aerobics-East/West Room

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7:30 Chess Club-Room 1
 8:30 ESL-Room B
 8:45 Balance & Mobility-Room 3/4
 9:00 Beginning Computer-Room 11
 9:30 Stretch and Flex-East/West Room
 10:00 Adult Fitness-Room 3/4
10:00 Attorney-by appointment
 10:45 Low Impact Aerobics 2-E/W Room
 11:45 Lunch
 12:30 Beginning Adult Fitness-Room 3/4
 12:45 Dance Aerobics 4-East/West Room

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8:00 Preventive Health
 9:00 Yarn Spinners-Room 1
 9:00 Beginning Computer-Room 11
10:00 Fire Authority Talk "Hoarding" DR
 10:00 Adult Fitness-East/West Room
 11:45 Lunch
12:30 Diabetes Support Group-Room 3-4
 12:30 Mexican Train Dominos-Room 10
 12:45 Bingo

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Dinner Group at Coco's

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
 11:45 Lunch
 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

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8:30 Tai Chi-East/West Room
 9:00 Yarn Spinners-Room 1
9:15 Movie: "The Color Purple"
 9:30-11:15 Morning Bingo
 10:00 Sudoku-Room 5
 11:45 Lunch

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9:00 Yarn Spinners-Room 1
 9:00 Longevity Stick
 9:00 Needlework-Room 3/4
 9:00 Intermediate Computer-Room 11
 9:00 Healthy Living Support Group-Room 10
 10:00 Adult Fitness-Room A/B
 10:00 Mah Jongg-Room 5
 11:45 Lunch
 12:15 Bridge-Room 10
 12:45 Bingo
 1:00 Intro to Dance Aerobics-East/West Room

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7:30 Chess Club-Room 1
 8:30 ESL-Room B
 8:45 Balance & Mobility-Room 3/4
 9:00 Beginning Computer-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 Beginning Adult Fitness-Room 3/4
 12:45 Dance Aerobics 4-East/West Room

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Trip: Pechanga Casino

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

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7:30 Chess-Room 10
 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 Autumn Fest/Birthday Lunch-DR
 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

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8:30 Tai Chi-East/West Room
 9:00 Yarn Spinners-Room 1
9:15 Movie: "The Apartment"
 9:30-11:15 Morning Bingo
 10:00 Sudoku-Room 5
 11:30 Lunch

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Open 8:00 AM-1:00 PM