

SEPTEMBER 2011

Monday

Tuesday

Wednesday

Thursday

Friday

**CLOSED
for
LABOR DAY**



Monday	Tuesday	Wednesday	Thursday	Friday
			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	8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 9:00 Legal Aid-by appointment 9:15 Movie: "Country Strong" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch <div style="border: 1px solid black; padding: 5px; text-align: center;">Open 8:00 AM-1:00 PM</div>
5 12 19 26	6 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Living Healthy Series-Room 5 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	7 9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-East/West Room 10:00 WIN Program-Dining Room 11:00 Health Talk "Skin As We Age" 11:45 Lunch 12:30 Beginning Adult Fitness-Room E/W 12:00 Mexican Train Dominos-Room 10 12:45 Bingo	8 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	9 8:30 Tai Chi-East/West Room 9:00 SCAT MEETING-Room 3/4 9:00 Yarn Spinners-Room 1 9:00 W.O.W. TRIP TO 99 cent store 9:15 Movie: "The King and Four Queens" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch
12 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 Hi-Cap-by appointment 10:00 Commission on Aging 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 1:30 Introduction to Dance Aerobics-East/West Room	13 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Living Healthy Series-Room 5 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	14 8:00 Commodities-Room 5 9:00 Balance & Mobility-Room 3-4 9:00 Beginning Computer-Room 11 9:00 Mardi Gras Dance-East/West Room 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-Room 3-4 11:45 Lunch 12:30 Beginning Adult Fitness-Room E/W 12:30 Bunco-Room 10 12:45 Bingo	15 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	16 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "How Do You Know?" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch <div style="border: 1px solid black; padding: 5px; text-align: center;">Open 8:00 AM-1:00 PM</div>
19 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 3-4 12:45 Bingo 1:30 Introduction to Dance Aerobics-East/West Room	20 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Living Healthy Series-Room 5 9:30 Stretch and Flex-East/West Room 10:45 Low Impact Aerobics 2-E/W Room 10:00 Attorney-by appointment 11:45 Lunch 12:45 Dance Aerobics 4-East-West Room Trip to Pechanga	21 8:00 Preventive Health 9:00 Balance & Mobility-Room 3-4 9:00 Beginning Computer-Room 11 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-East/West Room 10:00 Utilities Commission Talk-Dining Room 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3-4 12:00 Mexican Train Dominos-Room 10 12:45 Bingo 4:30 Dinner Group at Coco's Restaurant	22 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 11:00 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	23 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "True Grit" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch
26 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 3-4 12:45 Bingo 1:00 Beginning Computer-Room 11-1st Day 1:30 Introduction to Dance Aerobics-East/West Room	27 7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Living Healthy Series-Room 5 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	28 8:00 Preventive Health 9:00 Balance & Mobility-Room 3-4 9:00 Beginning Computer-Room 11 9:00 Yarn Spinners-Room 1 10:00 Adult Fitness-East/West Room 11:45 Lunch 12:30 Bunco-Room 10 12:30 Beginning Adult Fitness-East/West Room 12:30 Diabetes Support Group-Room 5 12:45 Bingo	29 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	30 8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "Dinner for Shmucks" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch <div style="border: 1px solid black; padding: 5px; text-align: center;">Open 8:00 AM-1:00 PM</div>

Monday	Tuesday	Wednesday	Thursday	Friday
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 3-4 12:45 Bingo 1:00 Beginning Computer-Room 11	7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Living Healthy Series-Room 5 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	9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-East/West Room 10:00 OCFA Presentation: "Fire Safety"-DR 10:00 Health Talk: "Shots Aren't Just For Kids"-DR 11:45 Lunch 12:00 Mexican Train Dominos-Room 10 12:30 Beginning Adult Fitness-E/W Room 12:45 Bingo Viejas Casino Trip	7:30 Chess-Room 5 8:30 ESL-Room B 8:30 Safety Driving Class-Rm. 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	8:30 Tai Chi-East/West Room 8:30 Safety Driving Class-Rm. 3-4 9:00 Yarn Spinners-Room 1 9:00 Legal Aid-by appointment 9:00 W.O.W. Trip to Trader Joe's 9:15 Movie: "Burlesque" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch
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 Hi-Cap-by appointment 10:00 Commission On Aging 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 3-4 12:45 Bingo 1:00 Beginning Computer-Room 11	7:30 Chess Club-Room 1 8:30 ESL-Room B 9:00 Living Healthy Series-Room 5-Last Day 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	8:00 Commodities-Room 5 9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-E/W Room 10:00 Bowers Museum Presentation-DR 11:45 Lunch 12:30 Beginning Adult Fitness-E/W Room 12:30 Bunco-Room 10 12:45 Bingo	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	8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "River of No Return" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Podiatrist 11:30 Lunch <div style="border: 1px solid black; padding: 5px; text-align: center;">Open 8:00 AM-1:00 PM</div>
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 3-4 12:45 Bingo 1:00 Beginning Computer-Room 11	7:30 Chess Club-Room 1 8:30 ESL-Room B 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	9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-E/W Room 10:00 Hospice 101-Room 10 11:45 Lunch 12:30 Beginning Adult Fitness-East/West Room 12:00 Mexican Train Dominos-Room 10 12:30 Diabetes Support Group-Room A 12:45 Bingo 4:30 Dinner Group @ Islands Restaurant	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 Oak Glen Trip	8:30 Tai Chi-A/B Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "October Sky" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch
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 3-4 12:45 Bingo 1:00 Beginning Computer-Room 11	7:30 Chess Club-Room 1 8:30 ESL-Room B 9:30 Stretch and Flex-East/West Room 10:00 Manicures & Haircuts-West Room 10:45 Low Impact Aerobics 2-East Room 11:45 Lunch 12:45 Dance Aerobics 4-East/West Room	8:00 Preventive Health 9:00 Balance & Mobility-Room 3-4 9:00 Yarn Spinners-Room 1 9:00 Beginning Computer-Room 11 10:00 Adult Fitness-East/West Room 10:00 OCFA Presentation: "Emergency Preparedness"-DR 11:45 Lunch 12:30 Beginning Adult Fitness-Room 3-4 12:30 Bunco-Room 10 12:45 Bingo	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 11:00 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	8:30 Tai Chi-East/West Room 9:00 Yarn Spinners-Room 1 9:15 Movie: "Just Go With It" 9:30-11:15 Morning Bingo 9:30 Sudoku-Room 5 11:30 Lunch <div style="border: 1px solid black; padding: 5px; text-align: center;">Open 8:00 AM-1:00 PM</div>

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
11:00 Halloween Party-Dining Room
 12:15 Bridge-Room 10
12:30 Life Story Writing-Room 5
 12:30 Beginning Adult Fitness-Room 3-4
 12:45 Bingo
 1:00 Beginning Computer-Room 11



OCTOBER 2011

