



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CLASSES LISTED IN THE COLUMNS TO THE RIGHT OCCUR EVERY WEEK ON THE DAYS/TIMES SHOWN</p> <p style="text-align: center;">➔</p> <p>* FEE FOR CLASS ♦ MEETS AT VETS</p> <p><i>All Classes Are Taken At Risk of the Participant</i></p> <p style="text-align: center;">May 2019</p>	<p>8:00 ZUMBA Gold *</p> <p>9:00 Chinese Group</p> <p>9:00 Beg. Tai Chi*</p> <p>9:00 Merry Makers Club</p> <p>9:00 Ceramics*</p> <p>9:15 Open Computer Lab</p> <p>9:30 <i>Mindbodydance</i> Class *</p> <p>10:00 German</p> <p>10:30 Beginning Tai Chi*♦</p> <p>10:45 Move & Groove *</p> <p>10:45 Chair ZUMBA*</p> <p>11:00 Russian</p> <p>12:00 Mah Jong</p> <p>12:00 Bingo</p> <p>12:00 Dancercise*</p> <p>12:00 Stretch Class*</p> <p>12:00 Swing Set Practice♦</p> <p>1:00 Coco's Art Class</p> <p>1:00 Fitness Class*</p> <p>2:30 Yoga*</p> <p>3:30 Line Dancing *</p> <p>3:30 Ukulele (beg.)* ♦</p>	<p>9:00 Japanese Class</p> <p>9-10 Ask the Nurse & Therapist</p> <p>9:00 Bridge</p> <p>9:00 Mah Jong</p> <p>10:00 Pan</p> <p>9:30 Tai Chi with Greg</p> <p>10:00 Yoga With Rosa *♦</p> <p>10:15 Creative Writing*</p> <p>10:45 Hula Dance*</p> <p>11:00 Karaoke</p> <p>12:45 Chair Yoga*♦</p> <p>1:00 MOVIE</p> <p>1:00 Coco's Art Group</p> <p>1:00 <i>Platicando Sabroso</i> (Spanish Speaking Group)</p> <p>1:30 Sign Language♦</p> <p>2:00 Genealogy</p> <p>3:30 Prime of Life Yoga*</p> <p>First Tuesday of the Month: Free Coffee 8:30-10:30</p> 	<p>8:00 ZUMBA Gold*</p> <p>9:00 ZUMBA Gold*</p> <p>9:00 Volunteer Work Project</p> <p>9:00 Volunteer Crochet Group</p> <p>9:00 Ballroom Dance*♦</p> <p>9:15 Open Computer Lab</p> <p>10:15 Balance Challenge*</p> <p>10:00 Ballroom Dance *♦</p> <p>10:00 Exercises for the Brain*</p> <p>10:00 Loss Support Group*</p> <p>10:30 Alzheimer Caregiver* Support Group-No Drop Ins Meets 2ND & 4TH Wed.</p> <p>10:30 Pan</p> <p>11:30 Gentle Yoga*</p> <p>1:00 Matthew's Scene-iors</p> <p>1:00 Yoga* ♦</p> <p>1:00 Glee Club Practice</p> <p>1:00 Dramedy Class</p> <p>1:30 Current Events*</p> <p>2:00 Beg/Int Spanish*</p> <p>2:30 Fitness Class*</p> <p>3:00 Poetry Class</p> <p>3:45 Stretch Exercise Class*</p>	<p>9:00 Watercolor*</p> <p>9:00 Bridge</p> <p>9:00 French</p> <p>9:15 <i>Mindbodydance</i> Class*</p> <p>9:30 Pan</p> <p>10:00 Ukulele (Int.)*♦</p> <p>10:00 Antique Treasure Hunt* (1st Thursday)</p> <p>10:00 Lip Reading♦</p> <p>10:30 Qi Gong*</p> <p>10:00 Spanish-Intermediate (Maria Iannone)</p> <p>10:00 Conversational Spanish</p> <p>11:00 Short Story Class</p> <p>12:00 Duplicate Bridge♦</p> <p>12:30 Fun With Pastels</p> <p>12:45 Chair Yoga*♦</p> <p>1:00 Latin American Group</p> <p>1:00 Yoga*</p> <p>1:00 Learn to Play Mah Jong (beginners)</p> <p>3:00 Ballroom Dance*</p>	<p>8:00 ZUMBA Gold*</p> <p>9:00 MelodyMasters prac.</p> <p>9:00 Advanced Tai Chi *</p> <p>9:00 Knitting Class</p> <p>9:00 MahJong</p> <p>9:15 Open Computer Lab</p> <p>9:30-10:30 Blood Pressure Checks</p> <p>10:00 Pan</p> <p>10:15 Balance Challenge*</p> <p>10:00 Italian</p> <p>10:30 Sit & Be Fit Chair Exercise Class*</p> <p>10:30 Yoga with Rosa*</p> <p>11:00 German</p> <p>12:30-2 Osteo Fitness*</p> <p>12:00 Beginning Harmonica</p> <p>1:00 Heartfulness Meditation</p> <p>1:00 "Remembranzas"</p> <p>2:00 Jewish Cultural Grp</p> <p>2:30 Yiddish Language</p> <p>2:30 Line Dancing *</p> <p>3:30 Prime of Life Yoga *</p>	<p>1:00-3:30 p.m.</p> <p>SATURDAY DANCES</p> <p>\$4.00 Members</p> <p>\$5.00 Guests</p> <p>(50 & older)</p> <p>Refreshments served</p> <p>WEEKEND HOURS OF OPERATION</p> <p>12:00-3:55 p.m.</p>
			1 8:30 TRIP SALES	2 10:00a.m. Antique Treasure Hunt* 12:30 Movie	3 9:30-10:30 Blood Pressure 9:30 <i>Spring Craft Boutique</i>	4 1:00-3:30 DANCE Music by <i>RAZZMATAZZ</i> 1:00-2:00 Theatre with Teens
5 1:00 MOVIE	6 1:00 Veterans Group Meeting	7 NO MOVIE 1:00 <i>"Those Fair Ladies"</i> 10:30 & 1:00 Financial Seminar 10:05 Trivia with Michael 3:30-4:45 Teen Tech Help	8 9:30-10:30 Blood Pressure Checks 12:30 Bingo on the Patio	9 11:00 Colorful Songs of Broadway Trip 1:00 Birthday Party 10:30 "Challenge of Change" Workshop	10 9:30-10:30 Blood Pressure 1:00 <i>Andy Wong Piano Concert</i>	11 1:00-3:30 DANCE Music by <i>MELODY MASTERS</i> 11:15-3:15 AARP Smart Driver Workshop
12 1:00 MOVIE <i>Happy Mother's Day</i>	13 1:00 CCSCA Board Meeting 1:00 Low Vision Peer Support Group	14 1:00 Movie	15 2:00-4:00 Rudy & Friends Karaoke	16 8:30 Pala Casino Trip 1:00 American Music Series "Where did that Music Come From"	17 9:30-10:30 Blood Pressure 1:00 Sing Along with Dolly	18 1:00-3:30 DANCE Music by <i>STRIKERS</i> 1:00-2:00 Theatre with Teens 11:15-3:15 AARP Smart Driver Workshop
19 NO MOVIE 1:30p.m. <i>Benita Bike Dance Art Performance</i>	20 1:00 Adventures with Doug <i>Art Show in Lobby</i>	21 1:00 Movie	22 2:00-4:00 Rudy & Friends Karaoke	23 10:30 <i>Santa Monica Lyric Chorus</i>	24 9:30-10:30 Blood Pressure 1:00 <i>Older Americans Party</i>	25 1:00-3:30 DANCE Music by <i>SWING SET</i>
26 1:00 MOVIE	27 CENTER CLOSED 	28 10:15 Understanding Alzheimer's and Dememtia 1:00 Movie	29	30 8:30 Morongo Casino Trip 1:00 Estate Planning; New Development Last Lip Reading Class Until September 12th	31 12:30-2:00 Rudy's Rhythm & Dance	

