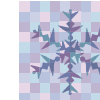



January 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Senior Serv Dining Program Monday - Friday 10 am - 1 pm Lunch Served at 12 pm For more Information Call (714) 573-3349</p>						
3	<p>Mah Jong 12:30 pm Open Lab 1-5 pm Senior Fitness 1:30 pm Table Tennis 3:30 pm \$Intro to Drawing & Painting 1 pm Magic Needles 6 pm</p>	<p>Table Tennis 8:30 am Walking Club 9 am Tai Chi Chih 10:30 am Competitive Bridge 12:30 pm Mah Jong 12:30 pm \$Watercolor Painting 1 pm</p>	<p>Bridge Lessons 9 am Needle Art Lab 9 am PHCA 9 am \$Bingo 1:30 pm Woodcarvers Group 6:30 pm</p>	<p>Walking Club 9 am HICAP 9 am \$Oil Painting 1 pm \$Ballroom Dance Class 2:30 pm OC Woodworkers 7 pm</p>	<p>Table Tennis 8:30 am Stick Art 9 am Quilting Cut-ups 9 am \$Coffee & Computers 9 am Chair Exercise 10 am Open Lab 1-5 pm Movie: Casablanca 1 pm Canasta 1 pm Pinochle 1 pm Beginning Line Dancing 1:45 pm Personal Support Group 2 pm Intermediate/Advanced Line Dancing 3 pm</p>	9
10	<p>Chair Exercise 9:30 am \$Yoga 10:30 am Mah Jong 12:30 pm Open Lab 1-5 pm Senior Fitness 1:30 pm Aerobic Workout 2:30 pm Table Tennis 3:30 pm \$Intro to Drawing & Painting 1 pm Magic Needles 6 pm</p>	<p>Table Tennis 8:30 am Walking Club 9 am \$How to Sell Online 9 am Legal Assistance 9 am Tai Chi Chih 10:30 am \$Beading Jewelry Makers 12 pm Competitive Bridge 12:30 pm \$Watercolor Painting 1 pm Alzheimer's Support Group 3:30 pm FIT 5:30 pm</p>	<p>Bridge Lessons 9 am \$Internet II 9 am Needle Art Lab 9 am \$Chair Exercise 9:30 am \$Intro to PCs 10:30 am \$Yoga 10:30 am Seminar: Calculate Calories/Meal Planning 10 am \$Computer Maintenance 12 pm \$Bingo 1:30 pm Essential Tremors Support Group 6 pm Woodcarvers Group 6:30 pm</p>	<p>Walking Club 9 am \$Intros to PC II 9 am Quilting & Patchwork 9 am \$Physical Fitness 9:30 am Blood Pressure Screenings 10 am \$Mild Exercise for Fitness 11 am \$Intro to Digital Photo Imaging 10:30 am Rad Hatters 11 am \$Oil Painting 1 pm \$Ballroom Dance 2:30 pm OC Scrollsaw 7 pm</p>	<p>Table Tennis 8:30 am Stick Art 9 am \$Coffee & Computers 9 am Quilting Cut-ups 9 am Chair Exercise 10 am Canasta 1 pm Pinochle 1 pm Open Lab 1-5 pm Movie: The In-Laws 1 pm Beginning Line Dancing 1:45 pm Intermediate/Advanced Line Dancing 3 pm Evening of Songs and Remembrances 7</p>	16
17	<p>Chair Exercise 9:30 am Blood Pressure Screenings 10 am CTAP 10 am \$Yoga 10:30 am Mah Jong 12:30 pm Open Lab 1-5 pm Senior Fitness 1:30 pm Aerobic Workout 2:30 pm Table Tennis 3:30 pm \$Intro to Drawing & Painting 1 pm Magic Needles 6 pm</p>	<p>\$Driver's Safety Program 8:15 am Table Tennis 8:30 am Walking Club 9 am \$How to Sell Online 9 am Tai Chi Chih 10:30 am \$Beading Jewelry Makers 12 pm Competitive Bridge 12:30 pm \$Watercolor Painting 1 pm Food Distribution 1pm FIT 5:30 pm</p>	<p>Are You Hearing? By Appt. Only PHCA 9 am \$Internet II 9 am Needle Art Lab 9 am Haricuts 9:30 am \$Chair Exercise 9:30 am \$Intro to PCs 10:30 am \$Yoga 10:30 am Legal Assistance 11 am \$Computer Maintenance 12 pm Arthritis Support Group 1 pm \$Bingo 1:30 pm Woodcarvers Group 6:30 pm</p>	<p>Walking Club 9 am \$Intro to PC II 9 am Quilting & Patchwork 9 am HICAP 9 am \$Physical Fitness 9:30 am \$Intro to Digital Photo Imaging 10:30 am \$Mild Exercise for Fitness 11 am \$Oil Painting 1 pm Arthritis Support Group 1 pm \$Ballroom Dance 2:30 pm OC Woodturners 7 pm</p>	<p>Table Tennis 8:30 am Stick Art 9 am \$Coffee & Computers 9 am Quilting Cut-ups 9 am Chair Exercise 10 am Movie: Fancy Pants 1 pm Canasta 1 pm Open Lab 1-5 pm Pinochle 1 pm Beginning Line Dancing 1:45 pm Personal Support Group 2 pm</p>	23
24	<p>Chair Exercise 9:30 am \$Yoga 10:30 am Mah Jong 12:30 pm Open Lab 1-5 pm Senior Fitness 1:30 pm Aerobic Workout 2:30 pm Table Tennis 3:30 pm \$Intro to Drawing & Painting 1 pm Magic Needles 6 pm</p>	<p>\$Driver's Safety Program 8:15 am Table Tennis 8:30 am Walking Club 9 am \$How to Sell Online 9 am Tai Chi Chih 10:30 am \$Beading Jewelry Makers 12 pm Birthday Celebration 12 pm Competitive Bridge 12:30 pm \$Watercolor Painting 1 pm FIT 5:30 pm</p>	<p>Bridge Lessons 9 am \$Internet II 9 am Needle Art Lab 9 am \$Chair Exercise 9:30 am OC Button Club 10 am \$Yoga 10:30 am \$Intro to PCs 10:30 am Seminar: The Aging Eye 11 am \$Computer Maintenance 12 pm \$Bingo 1:30 pm Woodcarvers Group 6:30 pm Evening Ballroom Dance 7:30 pm</p>	<p>Walking Club 9 am \$Intro to PC II 9 am Quilting & Patchwork 9 am \$Physical Fitness 9:30 am \$Intro to Digital Photo Imaging 10:30 am \$Mild Exercise for Fitness 11 am \$Oil Painting 1 pm \$Ballroom Dance 2:30 pm</p>	<p>Table Tennis 8:30 am Stick Art 9 am Quilting Cut-ups 9 am \$Coffee & Computers 9 am Chair Exercise 10 am Movie: Chronicles of Narnia 1 pm Open Lab 1-5 pm Canasta 1 pm Pinochle 1 pm Beginning Line Dancing 1:45 pm Intermediate/Advanced Line Dancing 3 pm</p>	30