

December 2016

Mon	Tue	Wed	Thu	Fri
 <p align="center"> South Pasadena Senior Center 1102 Oxley street, South Pasadena, CA 91030 (626) 403-7360 Center hours: Monday through Friday 8:00 am to 5 pm </p>				
<p>5</p> <p>8:30 Yoga (Library) 8:30 Fun-ctional Fitness 10:00 Italian Basic 10:30 Detox & Juicing 11:00 Italian Interm./12 Ital. Conv. 1:00 French In.</p>	<p>6</p> <p>8:30 Walking Group 8:30 Meditation 8:30 Inter. Spanish 9:30 Conver. Spanish 10:00 Bridge 11:00 Stroke Support Group 1:00 Bridge</p>	<p>7</p> <p>8:30 Fun-ctional Fitness 8:30 Yoga (Library) 9:30 Knitting and Crochet 10:30 Finding Your Voice 10:00 Pets Needing TLC 4:00 Pep Up Your Life</p>	<p>1</p> <p>8:30 Walking/ Beg. Spanish 8:30 Func Fitness (Library) 9:00 Line Dance 9:30 Mah Jong / Stitchery 12:30 Sewing 1:00 Creative Wtg 1:30 Canasta & Other games</p>	<p>2</p> <p>8:30 Pep Up Your Life 10:00 Blood Pressure Clinic 10:30 Big Band Christmas 11:45 Meal Program 1:00 Cinema</p>
<p>12</p> <p>8:30 Yoga (Library) Func fitness 8:30 Glucose & Blood Pressure 10:30 Chair Yoga 10:00 Italian 11:00 Italian Interm./12 Ital. Conv. 1:00 French (Interm.) 1:30 Mah Jong 2:30 Foreign Film</p>	<p>13</p> <p>8:30 Walking Group 8:30 Meditation / 8:30 Inter. Spanish 9:30 Conver. Spanish 10:00 Financial Advice 10:00 Bridge 11:45 Meal Program 1:00 Bridge</p>	<p>14</p> <p>8:30 Fun-ctional Fitness 8:30 Yoga (Library) 9:30 Knitting and Crochet 10:00 Holiday Water Workshop 10:30 Holiday Blues 1:00 ELDER WISDOM 4:00 Pep Up Your Life</p>	<p>15</p> <p align="center"> Christmas Program War Memorial Building Center closed 11:30 am – 2:30 pm </p>	<p>16</p> <p>8:30 Pep Up Your Life 9:30 Begin. Spanish 10:30 Popular Christmas Songs 11:45 Meal Program 1:00 Cinema</p>
<p>19</p> <p>8:30 Yoga /Fun-ctional Fitness 10:00 Italian Basic 10:30 Geriatric Dentistry 11:00 Italian Interm./12 Ital. Conv. 1:00 PODIATRY CLINIC 1:00 French (Interm.) 1:30 Mah Jong</p>	<p>20</p> <p>8:30 Walking Group 8:30 Meditation 8:30 Inter.Spanish 9:30 Conver. Spanish 10:00 Bridge 11:00 Stroke Support Group 1:00 Bridge</p>	<p>21</p> <p>8:30 Fun-ctional Fitness 8:30 Yoga (Library) 10:00 Book Club 10:30 Tis the Season 9:30 Knitting and Crochet 4:00 Pep Up Your Life</p>	<p>22</p> <p>8:30 Walking/ Beg. Spanish 8:30 Func Fitness (Library) 9:00 Line Dance 9:30 Mah Jong / Stitchery 1:00 Creative Wtg 1:30 Canasta & Other games</p>	<p>23</p> <p>8:30 Pep Up Your Life 9:30 Stitch & Gab 11:45 Meal Program 1:00 Cinema – no movie</p>
<p>26</p> <p align="center"> CLOSED Christmas Holiday </p>	<p>27</p> <p>8:30 Meditation/Walking Group 8:30 Inter. Spanish 9:30 Conver. Spanish 10:00 Bridge 10:30 How to Stay Healthy 11:00 Stroke Support Group 1:00 Bridge</p>	<p>28</p> <p>8:30 Fun-ctional Fitness 8:30 Yoga (Library) 9:30 Knitting and Crochet 11:45 Birthday Celebration 1:00 ELDER WISDOM 4:00 Pep Up Your Life</p>	<p>29</p> <p>8:30 Walking/ Beg. Spanish 8:30 Func Fitness (Library) 9:00 Line Dance 9:30 Mah Jong / Stitchery 1:00 Creative Wtg 1:30 Canasta & Other games</p>	<p>30</p> <p>8:30 Pep Up Your Life 11:45 Meal Program 1:00 Cinema – no movie</p>