

November 2016

Mon	Tue	Wed	Thu	Fri
	1 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	2 8:30 Fun-ctional Fitness 8:30 Yoga (Library) 9:30 Knitting and Crochet 10:00 Pets Needing TLC 10:30 Murder Under Microscope 1:00 Gymnasium for the Mind 4:00 Pep Up Your Life	3 8:30 Walking/ Begin Spanish 8:30 Functional Fitness 9:00 Line Dance 9:30 Mah Jong / Stitchery 1:00 Creative Writing 1:00 Sewing 1:30 Canasta & Other games	4 8:30 Pep Up Your Life 10:00 Blood Pressure Clinic 10:30 Understanding Supplemental Health Plans 11:45 Meal Program 1:00 Cinema
7 8:30 Yoga (Library) 8:30 Fun-ctional Fitness 10:00 Italian Basic 10:30 Tuskegee Airman Lt Col. Friend 11:00 Italian Interm../12 Ital. Conv. 11:45 Meal Program 1:00 French (Interm.) 1:30 Mah Jong	8 8:30 Walking Group 8:30 Meditation / 8:30 Review/Inter.Spanish 9:30 Conver. Spanish 10:00 FINANCIAL ADVICE 10:00 Bridge 1:00 Bridge	9 8:30 Fun-ctional Fitness 8:30 Yoga (Library) 9:00 Medication Review Clinic 10:30 Grateful Nation 1:00 ELDER WISDOM /Gymnasium 4:00 Pep Up Your Life (outside) 5:30 Harvest Dinner	10 8:30 Func-tinal Fitness 8:30 Walking/Beg. Spanish 9:00 Line Dance 9:30 Mah Jong / Stitchery 11:45 Meal Program 1:00 Creative Writing 1:30 Canasta & Other games	 Veterans Day CENTR CLOSED
14 8:30 Yoga (Library) 8:30 Fun-ctional 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	15 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	16 8:30 Fun-ctional Fitness 8:30 Yoga (Library) 10:00 Book Club 10:00 Blood Pressure 10:30 Late Life Transitions 9:30 Knitting and Crochet 4:00 Pep Up Your Life	17 8:30 Walking/ Begin. Spanish 8:30 Functional Fitness 9:00 Line Dance 9:30 Mah Jong / Stitchery 1:00 Creative Writingg 1:00 Sewing 1:30 Canasta & Other games	18 8:30 Pep Up Your Life 10:30 Practical Alzheimers Solutions 11:45 Meal Program 1:00 Cinema
21 8:30 Yoga / Fun-ctional Fitness 10:30 Parkinsons Education Part II 10:00 Italian Basic 11:00 Italian Interm../12 Ital. Conv. 11:45 Music in Measures Concert 1:00 PODIATRY CLINIC 1:00 French In./ 1:30 Mah Jong	22 8:30 Walking Group 8:30 Meditation 8:30 Inter. Spanish 10:00 Bridge 10:30 What Supplements Do I Need 11:00 Stroke Support Group 1:00 Bridge	23 Thanksgiving luncheon War Memorial Senior Center closes 11:30 am and doe not re-open	24 Thanksgiving Holiday CLOSED	25 Thanksgiving Holiday CLOSED
28 8:30 Yoga / Fun-ctional Fitness 10:00 Italian 10:30 Anti-Aging 11:00 Italian Interm../12 Ital. Conv. 1:00 French (Interm.) 1:30 Mah Jong 2:30 Foreign Film	29 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	30 8:30 Func Fitness/Yoga 9:30 Knitting and Crochet 10:30 Finding Your Voice 11:45 Birthday Celebration 1:00 ELDER WISDOM 4:00 Pep Up Your Life	South Pasadena Senior Center 1102 Oxley Street, South Pasadena, CA (626)403-7360 The Center is open Monday – Friday, 8 am to 5 pm 	