October 2018

Mon	Tue	Wed	Thu	Fri
1 8:30 Yoga 8:30 Func- Fitness **10:00 Anti Aging** 11:00 Italian Interm. 12:00 Italian Conv. 1:30 Mah Jong	**2** 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Bridge / 1:00 Bridge 11:00 Stroke Support Group 4:00 Ball Room Dance	**3** 8:30 Yoga/ 9:00 Func- Fitness **9:30 FLU SHOT CLINIC** 9:30 Crochet & Knitting 10:00 Pets Needing TLC 1:00 A Matter of Balance **6:30 What to do About Mom and Dad**	**4** 8:30 Func- Fitness 8:30 Walking Group 9:00 Spanish Beg. / Line Dance 9:30 Mah Jong / Stitchery 12:00 Sewing Class 1:00 Creative Writing/1:30 Mah Jong	**5** **10:00 Blood Pressure Screening** 11:45 Meal Program 1:00 Cinema
8 CLOSED	**9** 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish **10:00 Financial Advice** 10:00 Bridge / 1:00 Bridge 4:00 Ball Room Dance	**10** 8:30 Yoga / 9:00 Func- Fitness **8:30 Glucose & Blood Pressure** 9:30 Crochet & Knitting **10:30 Chair Yoga** **1:00 Elder Wisdom** 1:00 Matter of Balance	**11** 8:30 Func- Fitness 8:30 Walking Group 9:00 Spanish Beg. / Line Dance 9:30 Mah Jong / Stitchery 12:00 Sewing Class / 1:00 Creative Wtg. 1:30 Mah Jong & Board games	**12** **10:00 Essential Keys to Happiness** 11:45 Meal Program 1:00 Cinema
15 8:30 Yoga / Func- Fitness 11:00 Italian Interm. / 12:00 Italian Conv. **1:00 Podiatry Clinic** **1:30 When Humans Almost Vanished** 1:00 Gymnasium for the Mind 1:30 Mah Jong/ **3:30 Tech Day** 3:30 Argentine Tango	**16** 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Bridge / 1:00 Bridge 11:00 Stroke Support Group 4:00 Ball Room Dance	**17** 8:30 Yoga 9:00 Func- Fitness **10:00 Book Club** 9:30 Crochet & Knitting 1:00 A Matter of Balance	**18** 8:30 Func- Fitness 8:30 Walking Group 9:00 Spanish Beg. / Line Dance 9:30 Mah Jong / Stitchery 12:00 Sewing Class/ 1:00 Creative Wtg. 1:30 Mah Jong & Board games	**19** **10:30 Medicare Changes 2019** 11:45 Meal Program 1:00 Cinema
22 8:30 Yoga 8:30 Func- Fitness 11:00 Italian Interm. / 12:00 Italian Conv. **1:00 Gymnasium for the Mind** **1:15 Foreign Film** 1:30 Mah Jong 3:30 Argentine Tango	**23** 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Bridge & 1:00 Bridge 10:30 Natural Prevention 11:00 Stroke Support Group 4:00 Ball Room Dance	**24** 8:30 Yoga 9:00 Func- Fitness 9:30 Crochet & Knitting **10:30 Men in Retirement** **1:00 Elder Wisdom** 3:00 Poetry Workshop	**25** 8:30 Func- Fitness 8:30 Walking Group 9:00 Spanish Beg. / Line Dance 9:30 Mah Jong / Stitchery 12:00 Sewing Class / 1:00 Creative Wtg. 1:30 Mah Jong & Board games	**26** 11:45 Birthday Celebration 1:00 Cinema
29 8:30 Yoga 8:30 Func- Fitness **10:30 Murder Under the Microscope** 11:00 Italian Interm. / 12:00 Italian Conv. 1:00 Gymnasium for the Mind 1:30 Mah Jong 3:30 Argentine Tango	**30** 8:30 Walking Group 8:30 Meditation 9:00 Review Spanish 10:00 Bridge / 1:00 Bridge 11:00 Stroke Support Group	**31** 8:30 Yoga 9:00 Func- Fitness 9:30 Crochet & Knitting 9:00 Main room closed **11:45 Halloween Luncheon**		

South Pasadena Senior Center
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