

OCTOBER 2026 SENIOR CENTER DAILY ACTIVITIES

1102 Oxley Street, South Pasadena

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11:30 a.m.) Sewing Techniques (1-4:20 p.m.)	2 Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie: <i>Sweet & Lowdown</i> (1p.m.) Pumpkin Painting (3 p.m.) Advanced registration required.
5 Functional Fitness (9-9:55 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Greek Beg (10-11 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Frida Kahlo Portrait Workshop (2 p.m.)	6 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (cancelled) Beg. Pickleball (9:30-11:30 a.m.) Dr. Prothero lecture: Birds are Dinosaurs (1 p.m.)	7 French (9-10 a.m.) Functional Fitness (9-9:55 am) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Alzheimer's LA: Lost Memories Season 1 (1 p.m.)	8 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11:30 a.m.) Mental Health: Good Sleep for Emotional Wellbeing for Older Adults (1 p.m.) Sewing Techniques (1-4:20 p.m.)	9 Functional Fitness (9-9:55 a.m.) Flu Vaccine Clinic (9-11 a.m.) Watercolor Painting (1-2:30 p.m.) Movie: <i>Arthur the King</i> (1p.m.) Paint & Sip (3:00-4:30)
12 Functional Fitness (9-9:55 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Greek Beg (10-11 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) (11 a.m.-12 p.m.) Italian (Conversational) (12-1 p.m.) Film Talk: <i>Young Frankenstein</i> (1 p.m.)	13 Walking Group Yoga (8:30-9:30 a.m.) Bridge (9-11:30 a.m.) DAR Hasting Trip (9:00 a.m.) Spanish (Int) (cancelled) Beg. Pickleball (9:30-11:30 a.m.) Financial Advice (12-2 p.m.) CSLA Lifelong: Exploring the Dark Realm of the Maya Underwood (1pm)	14 French (9-10 a.m.) Functional Fitness (9-9:55 am) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) BINGO (1:00 p.m.) Elder Wisdom Group (1-2:30 p.m.) Finance for Seniors (2:30 p.m.) Tech Day (3:30-4:30 p.m.) (Advanced Registration Required)	15 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11:30 a.m.) Sewing Techniques (1-4:20 p.m.)	16 Functional Fitness (9-9:55 a.m.) Hearing Screening (9-11 a.m.) Watercolor Painting (1-2:30 p.m.) Movie: <i>Into the Night</i> (1 p.m.)
19 Functional Fitness (9-9:55 a.m.) Tai Chi: Qi Gong (cancelled) Greek Beg (10-11 a.m.) Tai Chi: Martial Arts (cancelled) Italian (Beg) (11 a.m.-12 p.m.) on Italian (Conversational) (12-1 p.m.) Staff-Pick Movie: <i>Coraline</i> (1 p.m.)	20 Walking Group Yoga (8:30-9:30 a.m.) DAR Trip- Walmart (9:00 a.m.) Health Screenings & Counseling (9-11:00 a.m.) Bridge (9-11:30 a.m.) Spanish (Int) (9:30-11 a.m.) Beg. Pickleball (9:30-11:30 a.m.) Access Services Presentation (2 p.m.)	21 French (9-10 a.m.) Functional Fitness (9-9:55 am) Book Discussion (10-11:00 a.m.) Chair Yoga (10:30-11:15 a.m.) Meditation (11:30 a.m.-12:30 p.m.) Senior Excursion: Grammy Museum (9 a.m. -3 p.m.) Intro to Bookbinding (2 p.m.)	22 Walking Group Yoga (8:30-9:30 a.m.) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11:30 a.m.) Sewing Techniques (1-4:20 p.m.)	23 Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie: <i>Armageddon Time</i> (1 p.m.)
26 Functional Fitness (9-9:55 a.m.) Tai Chi: Qi Gong (9-10 a.m.) Senior Center Patio Greek Beg (10-11 a.m.) Tai Chi: Martial Arts (10-11 a.m.) Italian (Beg) (11 a.m.-12 p.m.) on Italian (Conversational) (12-1 p.m.) Foreign Film: <i>Spirited Away</i> (1 p.m.)	27 Walking Group Yoga (cancelled) Bridge (9-11:30 a.m.) Spanish (Int) (9:30-11 a.m.) Beg. Pickleball (9:30-11:30 a.m.) The Senior Center will close at 1 p.m. for staff training	28 Functional Fitness (cancelled) Chair Yoga (cancelled) Meditation (cancelled) Halloween Luncheon (11:45 a.m.-12:45 p.m.) (Advanced Registration Required) Elder Wisdom Group (1-2:30 p.m.)	29 Walking Group Yoga (cancelled) Line Dancing (9-10:30 a.m.) Spanish (Beginner) (10-11:30 a.m.) Sewing Techniques (1-4:20 p.m.)	30 Functional Fitness (9-9:55 a.m.) Watercolor Painting (1-2:30 p.m.) Movie: <i>The Shining</i> (1 p.m.) Café con Recuerdos: Día de Los Muertos (10-11 a.m.) (Advanced Registration Required)