# February 2020

| Mon | Tue | Wed | Thu | Fri |
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| **3** 8:30 Func- Fitness (WAR)<br>8:30 Yoga<br>9:00 English 2nd Language<br>**10:00 Correct Way to Fall**<br>11:00 Italian Begin.<br>12:00 Italian Conv.<br>1:30 Mah Jong<br>4:00 Ballroom Dance | **4**<br>8:30 Walking Group<br>9:00 Meditation<br>9:00 Review Spanish<br>11:00 Stroke Support Group<br>10:00 Bridge / 1:00 Bridge<br>3:30 Tech Support | **5**<br>8:30 Yoga<br>9:00 Func- Fitness (WAR)<br>9:30 Crochet & Knitting<br>9:30 French Beginner<br>**10:30 CTAP**<br>10:45 French Intermediate<br>11:45 Lunch Program | **6**<br>8:30 Func- Fitness (WAR)<br>8:30 Walking group<br>9:00 Spanish Begin. / Line Dance<br>9:30 Mah Jong / Stitchery<br>1:00 Creative Wtg<br>1:30 Canasta | **7**<br>11:30 Center Closes<br>**11:45 Chinese New Year Celebration**<br>War Memorial<br>435 Fair Oaks, So Pasadena<br>1:00 Cinema Cancelled<br>2:30 Center Re-Opens |
| **10** 8:30 Yoga<br>8:30 Func-Fitness(WAR)<br>10:00 English 2nd Language<br>10:30 Geriatric Dentistry<br>11:00 Italian Begin./12:00 Italian Conv.<br>1:15 Foreign Films/1:30 Mah Jong<br>1:30 Podiatry Clinic<br>3:30 Tech Day<br>4:00 Ballroom Dance | **11**<br>8:30 Walking Group<br>9:00 Meditation<br>9:00 Review Spanish<br>10:00 Financial Advice<br>10:00 Bridge / 1:00 Bridge<br>3:30 Tech Support | **12**<br>8:30 Yoga<br>9:00 Func- Fitness (WAR)<br>**8:30 Glucose & Blood Pressure**<br>9:30 Crochet & Knitting<br>9:30 French Beginner<br>10:45 French Intermediate<br>**10:30 Chair Yoga**<br>1:00 Elder Wisdom | **13**<br>8:30 Func- Fitness (WAR)<br>8:30 Walking group<br>9:00 Spanish Begin. / Line Dance<br>9:30 Mah Jong / Stitchery<br>1:00 Creative Wtg<br>1:30 Canasta | **14**<br>**10:30 Diabetes Management**<br>**11:45 Valentines Lunch Program**<br>1:30 Cinema<br> <br> |
| **17** CLOSED<br> <br> | **18**<br>8:30 Walking Group<br>9:00 Meditation<br>9:00 Review Spanish<br>11:00 Stroke Support Group<br>10:00 Bridge / 1:00 Bridge<br>3:30 Tech Support | **19**<br>8:30 Yoga<br>9:00 Func- Fitness (WAR)<br>9:30 Crochet & Knitting<br>9:30 French Beginner<br>10:45 French Intermediate<br>**10:00 Book Club**<br>**1:00 All Things Apple** | **20**<br>8:30 Func- Fitness (WAR)<br>8:30 Walking group<br>9:00 Spanish Begin. / Line Dance<br>9:30 Mah Jong / Stitchery<br>1:00 Sewing Class<br>1:00 Creative Wtg<br>1:30 Canasta | **21**<br>**10:30 Cognitive Vitality**<br>11:45 Lunch Program<br>1:00 Computer Class<br>1:00 Cinema<br>**1:00 Coping Mechanisms** |
| **24** 8:30 Yoga /Func- Fitness (WAR)<br>10:00 English 2nd Language<br>11:00 Italian Begin.<br>12:00 Italian Conv..<br>1:15 ForeignFilm/ 1:30Mah Jong<br>1:30 Podiatry Clinic<br>**3:30 Tech Day**<br>4:00 Ballroom Dance | **25** 8:30 Walking Group<br>9:00 Meditation<br>9:00 Review Spanish<br>**10:30 Cancer Prevention**<br>11:00 Stroke Support Group<br>10:00 Bridge / 1:00 Bridge<br>1:00 Elder Wisdom<br>3:30 Tech Support | **26** 8:30 Yoga<br>9:00 Func- Fitness (WAR)<br>9:30 Crochet & Knitting<br>9:30 French Beginner<br>10:45 French Intermediate<br>11:45 Lunch Program<br>1:00 Elder Wisdom Group<br>**1:00 All Things Apple** | **27**<br>8:30 Func- Fitness (WAR)<br>8:30 Walking group<br>9:00 Spanish Begin. / Line Dance<br>9:30 Mah Jong / Stitchery<br>1:00 Sewing Class<br>1:00 Creative Wtg<br>1:30 Canasta | **28**<br>11:45 Lunch Program<br>*Birthday Celebration*<br>1:00 Computer Class<br>1:00 Cinema<br>1:00 Origin of Life |