

SEPTEMBER 2019

Calendar Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2) Center Closed</p> <p>HAPPY LABOR DAY</p>	<p>3) 10-11am- Chair Yoga 11-11:20am- Reading Club (Español) 12:30-2:00pm- Bingo 12:30-3:30pm- Blood Pressure Screenings 2-3pm- Tai Chi</p>	<p>4) 10-11am- Chair Yoga 11-12pm- Strengthening Class 12:30-1:30pm- Exercise and Weights 1:30-2:30pm- Gentle Aerobics 2-4pm-Matinee- And Breathe Normally</p>	<p>5) 9-12pm- Blood Pressure Screenings 9:30-12pm- Managing your Diabetes (Español) 11-12pm- How to Talk to your Doctor 12:30-1:30pm- Stretch, Tone & Dance 2-3pm- Tai Chi 2-4pm- Photo album-Android phone</p>	<p>6) 8-3pm- Japanese Museum Tour</p> <p>10-11am- Strengthening Class 12:30-2pm- Bingo 1:30-3:30pm- Photo album-Apple Phone 2-4pm- Matinee-Boi</p>
<p>9) 10-11am- Chair Yoga 12:30-1:30pm -Exercise and Weights 1:30-2:30pm- Pole Stretch</p>	<p>10) 10-11am- Chair Yoga 11-12pm- Reading Club (Español) 12:30-2:00pm- Bingo 12:30-3:30pm- Blood Pressure Screenings 2-3pm- Tai Chi</p>	<p>11)10-11am- Chair Yoga 11-12pm- Strengthening Class 12:30-1:30pm- Exercise and Weights 1:30-2:30pm- Gentle Aerobics 2-4pm-Matinee- The Motive</p>	<p>12) 9-12pm- Blood Pressure Screenings 9:30-12pm- Managing your Diabetes(Español) 12:30-1:30pm- Stretch, Tone & Dance 2-3pm- Tai Chi 2-4pm- Translator-Android phone</p>	<p>13)10-11am- Strengthening Class 11-12pm- Medicare/Medical Benefits 12:30-2pm- Bingo 1:30-3:30pm- Translator-Apple Phone 2-4pm- Matinee- Blood Will Tell</p>
<p>16) 10-11am- Chair Yoga 11-12pm-Check, Change and Control 12:30-1:30pm-Exercise and Weights 1:30-2:30pm- Pole Stretch</p>	<p>17) 10-11am- Chair Yoga 11-12pm- Reading Club (Español) 12:30-2:00pm- Bingo 12:30-3:30pm- Blood Pressure Screenings 2-3pm- Tai Chi</p>	<p>18) 10-11am- Chair Yoga 11-12pm- Strengthening Class 12:30-1:30pm- Exercise and Weights 1:30-2:30pm- Gentle Aerobics 2-4pm- Matinee- Time Share</p>	<p>19) 9-12pm- Blood Pressure Screenings 11-12pm- Health Talk 11-11:20am- Earthquake Drill 12:30-1:30pm- Stretch, Tone & Dance 2-3pm-Tai Chi 2-4pm- Edit/Contact-Android phone</p>	<p>20) 10-11am- Strengthening Class 11-12pm- What's Up/El cirulo 12:30-2pm-High Play Bingo 1:30-3:30pm-Edit/Contact-Apple phone 2-4pm-Matinee- The Tenth Man</p>
<p>23)10-11am- Chair Yoga 11-12pm-Health, Wellness, Wholeness 12:30-1:30pm- Exercise and Weights 1:30-2:30pm- Pole Stretch</p>	<p>24) 10-11am- Chair Yoga 11-12pm-Reading Club 12:30-2pm-Bingo 12:30-3:30pm- Blood Pressure Screenings 2-3pm- Tai Chi</p>	<p>25) 10-11am- Chair Yoga 11-12pm- Strengthening Class 12:30-1:30pm- Exercise and Weights 1:30-2:30pm- Gentle Aerobics 2:30-3:30pm- Birthday Celebration</p>	<p>26) 9-12pm- Blood Pressure Screenings 10-1pm- CCI Resource Health Fair 2-3pm- Stretch, Tone & Dance 2-4pm- Scan -Android Phone</p>	<p>27)10-11am- Strengthening Class 11-12pm- Fall Awareness tips 12:30-2pm- Bingo 1:30-3:30pm-Scan-Apple phone 2-4pm- Matinee- September</p>
<p>30) 10-11am- Chair Yoga 11-12pm- IHSS Presentation 12:30-1:30pm- Exercise and Weights 1:30-2:30pm- Pole Stretch</p>				

SEPTIEMBRE 2019

Calendario sujeto a cambios

Lunes	Martes	Miercoles	Jueves	Viernes
<p>2) Centro Cerrado</p> <p>HAPPY LABOR DAY</p>	<p>3) 10-11am- Yoga de Silla 11-12pm- Club de Lectura 12:30-2:00pm- Bingo 12:30-3:30pm- Toma de Presion 2-3pm- Tai Chi</p>	<p>4) 10-11am- Yoga de Silla 11-12pm- Clase de Fortalecimiento 12:30-1:30pm- Ejercicio y Pesas 1:30-2:30pm- Aerobicos Suaves 2-4pm- Pelicula- And Breathe Normally</p>	<p>5) 9-12pm- Toma de Presion 9:30-12pm- Manejando su Diabetes 11-12pm- Como Hablar con su Doctor 12:30-1:30pm- Estiramiento y Baile 2-3pm- Tai Chi</p>	<p>6) 8-3pm- Tour del Museo Japones</p> <p>10-11am- Clase de Fortalecimiento 11-12pm- What's up/El circulo- 12:30-1:30pm- Bingo 2-4pm- Photo album-Apple 2-4pm- Pelicula- Boi</p>
<p>9) 10-11am- Yoga de Silla 12:30-1:30pm- Ejercicio y Pesas 1:30-2:30pm- Estiramiento</p>	<p>10) 10-11am- Yoga de Silla 11-12pm- Club de Lectura 12:30-2:00pm- Bingo 12:30-3:30pm- Toma de Presion 2-3pm- Tai Chi</p>	<p>11) 10-11am- Yoga de Silla 11-12pm- Clase de Fortalecimiento 12:30-1:30pm- Ejercicio y Pesas 1:30-2:30pm- Aerobicos Suaves 2-4pm- Pelicula- The Motive</p>	<p>12) 9-12pm- Toma de Presion 9:30-12pm- Manejando su Diabetes 12:30-1:30pm- Estiramiento y Baile 2-3pm- Tai Chi 2-4pm- Traductor-Android</p>	<p>13) 10-11am- Clase de Fortalecimiento 11-12pm- Medicare/Medical Beneficios 12:30-1:30pm- Bingo 2-4pm- Traductor-Apple 2-4pm- Pelicula- Blood will Tell</p>
<p>16) 10-11am- Yoga de Silla 11-12pm- Chequee, Cambie y Control 12:30-1:30pm- Ejercicio y Pesas 1:30-2:30pm- Estiramiento</p>	<p>17) 10-11am- Yoga de Silla 11-12pm- Club de Lectura 12:30-2:00pm- Bingo 12:30-3:30pm- Toma de Presion 2-3pm- Tai Chi</p>	<p>18) 10-11am- Yoga de Silla 11-12pm- Clase de Fortalecimiento 12:30-1:30pm- Ejercicio y Pesas 1:30-2:30pm- Aerobicos Suaves 2-4pm- Pelicula- Time Share</p>	<p>19) 9-12pm- Toma de Presion 11-12pm- Hablando de Salud 11-12pm- Simulacro de Temblores 12:30-1:30pm- Estiramiento y Baile 2-3pm- Tai Chi 2-4pm- Borre/contactos-Android</p>	<p>20) 10-11am- Clase de Fortalecimiento 11-12pm- What's up/ El circulo 12:30-1:30pm- Bingo 2-4pm- Borre/contactos-Apple 2-4pm- Pelicula- The Tenth Man</p>
<p>23) 10-11am- Yoga de Silla 11-12pm- Salud, bienestar, integridad 12:30-1:30pm- Ejercicio y Pesas 1:30-2:30pm- Estiramiento</p>	<p>24) 10-11am- Yoga de Silla 11-12pm- Club de Lectura 12:30-2pm- Bingo 12:30-3:30pm- Toma de Presion 2-4pm- Tai Chi</p>	<p>25) 10-11am- Yoga de Silla 11-12pm- Clase de Fortalecimiento 12:30-1:30pm- Ejercicio y Pesas 1:30-2:30pm- Aerobicos Suaves 2:30-3:30- Cumpleaños Celebracion</p>	<p>26) 9-12pm- Toma de Presion 10-1pm- CCI Feria Recursos y Salud 12:30-1:30pm- Estiramiento y Baile 2-3pm- Tai-Chi 2-4pm- Scanner-Android</p>	<p>27) 10-11am- Clase de Fortalecimiento 11-12pm- Consejos de Conciencia 12:30-2pm- Bingo 2-4pm- Scanner-Apple 2-4pm- Pelicula- September</p>
<p>30) 10-11am- Yoga de Silla 11-12pm- IHSS Presentacion 12:30-1:30pm- Ejercicio y Pesas 1:30-2:30pm- Estiramiento</p>	<p>Goodbye SUMMER hello AUTUMN</p>			