






















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				3pm Computer 101 	1pm PGAF Lunch \$7 	
4	5	6	7	8	9	10
 11am Second Harvest Pickup	 11am Second Harvest Pickup	10am Blood Pressure & Diabetes Seminar 11am Arts & Crafts 1pm Karaoke & Dance 230pm Bingo 	10am Walking Group 1230 Computer 101 1pm Stitches Club 	3pm Computer 101 	11am Senior Zumba 12pm Chair Yoga 	
11	12	13	14	15	16	17
 11am Second Harvest Pickup 2pm Senior Exercise 3pm Senior Exercise	10am Smartphone Support 11am Arts & Crafts 1pm Karaoke & Dance 230pm Bingo 	10am Walking Group 1230 Computer 101 1pm Stitches Club 2pm Senior Exercise 3pm Senior Exercise	3pm Computer 101 			
18	19	20	21	22	23	24
 11am Second Harvest Pickup 2pm Senior Exercise 3pm Senior Exercise	10am Smartphone Support 11am Arts & Crafts 1pm Karaoke & Dance 230pm Bingo 	10am Walking Group 1230 Computer 101 1pm Stitches Club 2pm Senior Exercise 3pm Senior Exercise	3pm Computer 101 	11am Senior Zumba 12pm Chair Yoga 1pm PGAF Lunch \$7 		
25	26	27	28	29	30	
 11am Second Harvest Pickup Election Day	10am Smartphone Support 11am Arts & Crafts 1pm Karaoke & Dance 230pm Bingo 	12pm Seniors Month Celebration 	3pm Computer 101 			



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
			 10am Second Harvest Distribution 1pm Senior Exercise 230pm Bingo 	11am Blood Pressure & Diabetes Seminar 1pm Arts & Crafts 2pm Games & Cards 		
4	5	6	7	8	9	10
			 10am Second Harvest Distribution 1pm Senior Exercise 2pm Stitches Club  3pm Karaoke & Dance	10am Chair Yoga 11am Games & Cards 1pm Zumba 230pm Bingo  		
11	12	13	14	15	16	17
			 10am Second Harvest Distribution 1pm Senior Exercise 2pm Stitches Club  3pm Karaoke & Dance	10am Walking Group  11am Games & Cards 1pm Arts & Crafts 230pm Bingo  		
18	19	20	21	22	23	24
			 10am Second Harvest Distribution 1pm Senior Exercise 2pm Stitches Club  3pm Karaoke & Dance	10am Chair Yoga 11am Games & Cards 1pm Zumba 230pm Bingo  		
25	26	27	28	29	30	
			 10am Second Harvest Distribution 1pm Senior Exercise 2pm Stitches Club 3pm Karaoke & Dance 	12pm Seniors' Month Celebration 		

NOTE: Please be aware the LA CENTRE for Active Seniors Program at Doug Saunders runs on Thursdays & Fridays in the Recreation Room