

Twin Pines Senior & Community Center

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Activities are subject to change. Please call 595-7444 to confirm.</p> <p>(S) = Activity requires Signing Up (R) = Activity requires Registration at Parks & Rec office (blank) = Activity is drop-in</p>				<p>1</p> <p>9:30 Chair Yoga with Katherine! 11:00 Mandarin Conversation 12:00 BINGO 1:00 Chinese Mahjong</p>
<p>Center is Closed for Labor Day</p>	<p>5</p> <p>9:00 Beginner's Japanese 9:30 Walking Group 10:00 Chinese Mahjong Class (S) 11:30 Lunch Program (S) 12:30 Classic Movie 12:30 Foreign Film 12:30 Crafts Group 1:00 Sewing & Quilting Group</p>	<p>6</p> <p>8:45 Strength Training 9:00 Bread Program 9:30 Video Aerobics 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie</p>	<p>7</p> <p>9:30 Walking Group 9:30 Harmony In Action/Choir 9:30 Canasta 9:30 Walking Group 10:00 Healthy Food Choices (S) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Blockbuster Movie 12:30 Bridge 1:00 Art Group</p>	<p>8</p> <p>9:30 Video Chair Yoga 11:00 Mandarin Conversation 1:00 Table Tennis 1:00 Hot Latin Days Dance 1:00 Chinese Mahjong</p>
<p>11</p> <p>9:00 Bread Program 9:30 Video Aerobics 10:00 Ukulele Sing Along 10:00 Italian Chat 10:00 Spanish Chat 1:00 Book Club 1:00 Beat Arthritis (R) 2:00 French Chat 2:30 Zumba Gold</p>	<p>12</p> <p>9:00 Beginner's Japanese 9:30 Walking Group 10:00 Matter of Balance (S) 10:00 Chinese Mahjong Class (S) 11:30 Lunch Program (S) 12:00 Pedro card game 12:30 Foreign Film 12:30 Crafts Group 1:00 Sewing & Quilting Group</p>	<p>13</p> <p>8:45 Strength Training 9:00 Bread Program 9:30 Video Aerobics 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie</p>	<p>14</p> <p>9:30 Walking Group 9:30 Diabetes Self-Mngmt Workshop (S) 9:30 Canasta 11:00 Beat Arthritis (R) 11:30 Sep Birthday Lunch (S) 12:15 Wii Bowling 12:30 Bridge 12:30 Blockbuster Movie 1:00 Art Group</p>	<p>15</p> <p>9:00 Understanding Health Care Workshop (S) 9:30 Video Chair Yoga 11:00 Mandarin Conversation 12:00 BINGO 1:00 Chinese Mahjong</p>
<p>18</p> <p>9:00 Bread Program 9:30 Video Aerobics 10:00 Italian Chat 1:00 Beat Arthritis (R) 2:00 French Chat 2:30 Zumba Gold</p>	<p>19 8:300 Blood Pressure Clinic</p> <p>9:00 Beginner's Japanese 9:30 Walking Group 10:00 Matter of Balance (S) 10:00 Chinese Mahjong Class (S) 10:00 Senior Club Meeting 10:00 English Conversation 11:30 Lunch Program (S) 12:30 Classic Movie 12:30 Crafts Group 1:00 Sewing & Quilting Group</p>	<p>20</p> <p>8:45 Strength Training 9:00 Bread Program 9:30 Video Aerobics 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie 2:00 Dealing w/Difficult People (S)</p>	<p>21</p> <p>9:30 Walking Group 9:30 Rosen Method Movement 9:30 Diabetes Self-Mngmt Workshop (S) 9:30 Canasta 10:30 Color Me Calm (S) 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge 12:30 Blockbuster Movie 1:00 Art Group</p>	<p>22</p> <p>9:30 Chair Yoga with Katherine! 10:00 Mindful Meditation 11:00 Mandarin Conversation 1:00 Table Tennis 1:00 Chinese Mahjong 1:30 Laughter Yoga</p>
<p>25</p> <p>9:00 Bread Program 9:30 Video Aerobics 10:00 Opinion Exchange w/ Jim Dunbar 10:00 Stamp Collectors 10:00 Italian Chat* 1:00 Beat Arthritis (R) 2:00 French Chat 2:30 Zumba Gold</p>	<p>26</p> <p>9:00 Beginner's Japanese 9:30 Walking Group 10:00 Matter of Balance (S) 10:00 Chinese Mahjong Class (S) 10:00 English Conversation 11:30 Lunch Program (S) 12:00 Pedro card game 12:30 Foreign Film 12:30 Crafts Group 1:00 Sewing & Quilting Group</p>	<p>27</p> <p>8:45 Strength Training 9:00 Bread Program 9:30 Video Aerobics 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Conversation 11:30 Lunch Program (S) 12:30 New Movie 1:00 Memory Loss Workshop: Spiritual Education (S)</p>	<p>28</p> <p>9:30 Walking Group 9:30 Rosen Method Movement 9:30 Diabetes Self-Mngmt Workshop (S) 9:30 Canasta 11:00 Beat Arthritis (R) 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge 12:30 Blockbuster Movie 1:00 Art Group</p>	<p>29</p> <p>9:30 Chair Yoga with Katherine! 10:00 Mindful Meditation 11:00 Mandarin Conversation 1:00 Table Tennis 1:00 Chinese Mahjong</p>