



January 2024

Senior Program

Parks
Make
Life
Better!

Monday

Tuesday

Wednesday

Thursday

Friday

PROGRAM INFORMATION

Activities:

- Zumba
- Chair Zumba
- Chair Yoga
- Sewing
- Painting
- Arts & Craft
- Excursions

REMINDERS

L.A food bank program every third Thursday of the month
 - January 18
 (1pm - 2:30pm)
 - must be 60 years
 - identification required



1
 9:00am-10:00am: Coffee
 9:30am-10:00am: Gardening
 10:00am-11:00am: Chair Yoga
 11:30am-12:30pm: Paint by numbers
 12:00pm-4:00pm: Arts and Craft

2
 9:00am-10:00am: Coffee
 10:00am-11:00am: Zumba
 11:30am-12:30pm: Sewing
 2:00pm-4:00pm: Computer /
 Cellphone Course (Beginners)

3
 9:00am-10:00am: Coffee
 10:00am-11:00am: Chair Zumba
 11:30am-12:30pm: Healthy Group Sessions
 1:00pm-2:00pm: Sewing
 2:00pm-3:00pm: Computer /
 Cellphone Course (Beginners)

4
 9:00am-10:00am: Coffee
 9:30am-10:00am: Gardening
 10:00am-11:00am: Chair Yoga
 11:30am-12:30pm: Paint by numbers
 12pm-2pm: Arts and Craft

5
 9:00am-10:00am: Coffee / Chair
 Yoga
 10:00am-11:00am: Zumba
 11:00am-1:00pm: Tech Talk
 Group Sessions
 1:00pm-2:00pm: Arts and Craft

6
 8:00am-9:00am: Walk for Wellness
 (meet at the Farmers Market parking
 lot)
 10:00am-11:00am: Chair Yoga
 11:30am-12:30pm: Paint by numbers
 12:00pm-2:00pm: Arts and Craft

7
 9:00am-10:00am: Coffee
 9:30am-10:00am: Gardening
 10:00am-11:00am: Chair Yoga
 11:30am-12:30pm: Paint by numbers
 12:00pm-4:00pm: Arts and Craft

8
 9:00am-10:00am: Coffee
 10:00am-11:00am: Zumba
 11:30am-12:30pm: Sewing
 2:00pm-4:00pm: Computer /
 Cellphone Course (Beginners)

9
 9:00am-10:00am: Coffee
 9:30am-10:00am: Gardening
 10:00am-11:00am: Chair Yoga
 11:30am-12:30pm: Paint by numbers
 12:00pm-4:00pm: Arts and Craft

10
 9:00am-10:00am: Coffee
 10:00am-11:00am: Chair Zumba
 11:30am-12:30pm: Sewing
 2:00pm-3:00pm: Computer /
 Cellphone Course (Beginners)

11
 9:00am-10:00am: Coffee
 9:30am-10:00am: Gardening
 10:00am-11:00am: Chair Yoga
 11:30am-12:30pm: Paint by numbers
 12pm-2pm: Arts and Craft

12
 9:00am-10:00am: Coffee / Chair
 Yoga
 10:00am-11:00am: Zumba
 12:00pm-4pm KARAOKE

13
 9:00am-10:00am: Coffee
 9:30am-10:00am: Gardening
 10:00am-11:00am: Chair Yoga
 11:30am-12:30pm: Paint by numbers
 12:00pm-2:00pm: Arts and Craft

14
 9:00am-10:00am: Coffee
 10:00am-11:00am: Zumba
 11:30am-12:30pm: Sewing
 2:00pm-4:00pm: Computer /
 Cellphone Course (Beginners)

15
 9:00am-10:00am: Coffee
 10:00am-11:00am: Chair Yoga
 11:30am-12:30pm: Paint by numbers
 12:00pm-2:00pm: Arts and Craft

16
 9:00am-10:00am: Coffee
 10:00am-11:00am: Chair Zumba
 11:30am-12:30pm: Healthy Group Sessions
 1:00pm-2:00pm: Sewing
 2:00pm-3:00pm: Computer /
 Cellphone Course (Beginners)

17
 9:00am-10:00am: Coffee
 10:00am-11:00am: Chair Zumba
 11:30am-12:30pm: Healthy Group Sessions
 1:00pm-2:00pm: Sewing
 2:00pm-3:00pm: Computer /
 Cellphone Course (Beginners)

18
 9:00am-10:00am: Coffee
 9:30am-10:00am: Gardening
 10:00am-11:00am: Chair Yoga
 11:30am-12:30pm: Paint by numbers
 12:00pm-2:00pm: Arts and Craft

19
 9:00am-10:00am: Coffee
 9:30am-10:00am: Gardening
 10:00am-11:00am: Chair Yoga
 11:30am-12:30pm: Paint by numbers
 12:00pm-2:00pm: Arts and Craft

20
 9:00am-10:00am: Coffee
 10:00am-11:00am: Chair Zumba
 11:30am-12:30pm: Sewing
 2:00pm-4:00pm: Computer /
 Cellphone Course (Beginners)

21
 9:00am-10:00am: Coffee
 9:30am-10:00am: Gardening
 10:00am-11:00am: Chair Yoga
 11:30am-12:30pm: Paint by numbers
 12:00pm-4:00pm: Arts and Craft

22
 9:00am-10:00am: Coffee
 10:00am-11:00am: Zumba
 11:30am-12:30pm: Sewing
 2:00pm-4:00pm: Computer /
 Cellphone Course (Beginners)

23
 9:00am-10:00am: Coffee
 9:30am-10:00am: Gardening
 10:00am-11:00am: Chair Yoga
 11:30am-12:30pm: Paint by numbers
 12:00pm-4:00pm: Arts and Craft

24
 9:00am-10:00am: Coffee
 10:00am-11:00am: Chair Zumba
 11:30am-12:30pm: Sewing
 2:00pm-3:00pm: Computer /
 Cellphone Course (Beginners)

25
 9:00am-10:00am: Coffee
 9:30am-10:00am: Gardening
 10:00am-11:00am: Chair Yoga
 11:30am-12:30pm: Paint by numbers
 12pm-2pm: Arts and Craft

26
 9:00am-10:00am: Coffee
 10:00am-11:00am: Zumba
 12:00pm-4pm LOTERIA

27
 9:00am-10:00am: Coffee
 10:00am-11:00am: Chair Zumba
 11:30am-12:30pm: Sewing
 2:00pm-4:00pm: Computer /
 Cellphone Course (Beginners)

28
 9:00am-10:00am: Coffee
 10:00am-11:00am: Chair Yoga
 11:30am-12:30pm: Paint by numbers
 12:00pm-4:00pm: Arts and Craft

29
 9:00am-10:00am: Coffee
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 11:30am-12:30pm: Sewing
 2:00pm-4:00pm: Computer /
 Cellphone Course (Beginners)

30
 9:00am-10:00am: Coffee
 9:30am-10:00am: Gardening
 10:00am-11:00am: Chair Yoga
 11:30am-12:30pm: Paint by numbers
 12:00pm-4:00pm: Arts and Craft

31
 9:00am-10:00am: Coffee
 10:00am-11:00am: Chair Zumba
 11:30am-12:30pm: Sewing
 2:00pm-3:00pm: Computer /
 Cellphone Course (Beginners)

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