














UNLESS OTHERWISE NOTED (i.e. dates given) ACTIVITIES ARE ALWAYS ON EACH DAY LISTED

| Time            | Monday                                                                                                | Tuesday                                                                                                                                                 | Wednesday                                                                                           | Thursday                                                                                                                           | Friday                                                                                                                                           | Saturday |
|-----------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| 9:00 am         | Exercise             |                                                                                                                                                         | Exercise           | Spanish Review                                                                                                                     | Exercise <br>2nd Taxi Coupons<br>1/11 & 2/8<br>Need Center ID |          |
| 9:30 am         | Golf Classes         | 1st Friends Board Meeting<br>1/8 & 2/5<br>4th Advisory Board Meeting<br>1/22 & 2/26                                                                     | Blood Pressure Clinic 3rd<br>1/16 & 2/20<br>3rd Craft Class For Hospice Patients<br>1/16 & 2/20     | 1st Trip Committee Meeting<br>1/3 & 2/7                                                                                            |                                                                                                                                                  |          |
| 10:00 am        | Chinese Brush Silk Scarf Painting<br>Progressive Rummy M-F<br>Memoir Writing Classes<br>10 - 11:30 am | 2nd RED HAT<br>1/8 & 2/12<br><br>Senior Support Group<br>10 - 11:30 am | Progressive Rummy  | Photo ID's<br>10 - 12 noon<br>Conversation Spanish<br>Legal Clinic<br>1/17 & 2/21                                                  | Progressive Rummy                                             |          |
| 10:30 am        |                                                                                                       | *AARP 3rd<br>1/22 & 2/19<br>* Moved to 4th Tues. for January only                                                                                       | Intermediate Folk Dancing                                                                           |                                                                                                                                    |                                                                                                                                                  |          |
| 11:30 am        | <b>LUNCH</b>                                                                                          | <b>LUNCH</b>                                                                                                                                            | <b>LUNCH</b>                                                                                        | <b>LUNCH</b>                                                                                                                       | <b>LUNCH</b>                                                                                                                                     |          |
| 12:30 pm        | Craft Class                                                                                           |                                                                                                                                                         | ARA Active Retired Altadenans Board Meeting                                                         | BINGO 2nd & 4th <br>1/10 & 1/24<br>2/14 & 2/28 | <br>Meet you at the movie                                   |          |
| 1:00 pm         | Push & Pull M- F                                                                                      | Sewing & Needle Craft<br>1 - 4 pm<br>1st & 3rd<br>1/15<br>2/5 & 2/19                                                                                    | Contemporary Art Class Weekly<br>1 - 4 pm                                                           | Ball Room Dancing                             |                                                                                                                                                  |          |
| 2:00 pm         |                                                                                                       | Gentle Yoga and Chi Gong<br>2 - 3 pm                                 | ARA Active Retired Altadenans Weekly Meeting                                                        | Senior Support Group<br>2 - 3:30 pm                                                                                                |                                                                                                                                                  |          |
| 3:00 pm         |                                                                                                       |                                                                                                                                                         |                                                                                                     | <br>Folk Dancing                               |                                                                                                                                                  |          |
| 4:00 to 7:00 pm |                                                                                                       |                                                                                                                                                         |                                                                                                     |  Valentine's Day Dance<br>4 - 6 pm              |                                                                                                                                                  |          |