


Tuesday February 21, 2012

<p>*Pre-Registration Required. Call (650) 289-5400 to register. Events subject to change. Please call to verify. We apologize for any inconvenience.</p>	
9:05 AM to 10:05 AM	*Standing Tall - Room 216
9:30 AM to 3:00 PM	*Massage & Reflex - Exam Rm 1
10:00 AM to 11:00 AM	Tuina - Garden Room
10:00 AM to 12:00 PM	*Life Stories - Room 217
10:15 AM to 11:15 AM	*Low Impact Aerobics - Room 216
11:15 AM to 12:15 PM	<p>Lunch - <i>La Comida</i></p> <p style="text-align: center;"><i>Beef Stew, Potatoes Carrots Celery Onions in Stew, Coleslaw, Whole Wheat Roll w/ Margarine, Applesauce</i></p>
	
12:00 PM to 3:30 PM	*Hypnotherapy - Health Library
12:30 PM to 2:00 PM	*Spanish 2 - Room 219
12:30 PM to 2:00 PM	*Spanish 4 - Room 218
1:00 PM to 3:00 PM	*Life Stories - Garden Room
1:00 PM to 3:30 PM	*Acrylic Painting - Room 216
2:00 PM to 3:30 PM	*Spanish 1 - Room 219
2:00 PM to 3:30 PM	*Spanish 3 - Room 218
2:00 PM to 3:30 PM	*Line Dancing - La Comida
2:30 PM to 4:30 PM	*Sharpening Your Internet Skills - PC Lab
5:00 PM to 6:00 PM	*Pilates Technique - Room 216

Wednesday, February 22, 2012

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9:00 AM to 12:00 PM	*Reiki - Exam Room 1
9:30 AM to 10:30 AM	*Feldenkrais Class - Room 219
9:30 AM to 11:30 AM	*Bridge (Beginning) - Room 218
9:30 AM to 11:30 AM	MAC Tutoring & Drop In - MAC Lab
10:00 AM to 12:00 PM	*Creative Expression - Writing- Garden Room
10:00 AM to 12:30 PM	*Watercolor - Room 216
11:15 AM to 12:15 PM	Lunch - <i>La Comida</i> <i>Lemon Rosemary Chicken, Barley Pilaf, Steamed Broccoli, Carrot Raisin Salad, Orange Juice</i>
	
12:00 PM to 2:00 PM	PC Drop In - PC Lab
12:00 PM to 2:00 PM	*Building Your Mac Skills - MAC Lab
12:30 PM to 2:00 PM	*French 1 - Room 218
1:00 PM to 3:00 PM	*A Matter of Balance - Room 216
1:00 PM to 4:00 PM	Drop in Chess - Upper Lobby
1:15 PM to 2:15 PM	*Current Events - Room 217
2:00 PM to 3:00 PM	Meditation - Garden Room
2:00 PM to 3:30 PM	*Massage & Reflex - Exam Room 2
2:00 PM to 4:00 PM	*Bridge Intermediate - Room 219
2:30 PM to 3:30 PM	*Musical Moments - La Comida
3:30 PM to 4:30 PM	*Zumba Gold - Room 216

Thursday February 23, 2012


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9:00 AM to 11:30 AM	*Walking Group - Avenidas Parking Lot
9:05 AM to 10:05 AM	*Standing Tall - Room 216
9:30 AM to 3:00 PM	*Massage & Reflex - Exam Room 1
9:30 AM to 11:30 AM	*Intro to MAC - MAC Lab
10:00 AM to 11:30 AM	Blood Pressure Screen - Health Library
10:15 AM to 11:15 AM	*Low Impact Aerobics - Room 216
10:30 AM to 11:30 AM	*Strong for Life - Garden Room
11:15 AM to 12:15 AM	Lunch -La Comida  <i>Oriental Chicken Salad w/ Mandarin Oranges & Sesame Dressing on Bed of Romaine & Napa Cabbage, Dinner Roll, White Bean Soup w/ Carrots, Chef Surprise Dessert</i>
11:30 AM to 1:00 PM	*Dayan Qi Gong - Room 216
12:30 PM to 2:00 PM	* Spanish 5 - Garden Room
12:30 PM to 2:00 PM	*Italian - Room 217
1:30 PM to 3:30 PM	*Gardening Club - Room 219
1:30 PM to 4:00 PM	Movie - "The World's Fastest Indian" - Room 219
2:00 PM to 3:00 PM	*Strong for Life - Room 216
2:00 PM to 3:30 PM	*Keeping Your Brain Tip Top - La Comida
2:15 PM to 4:15 PM	*Dementia Caregiving - Garden Room
2:30 PM to 4:30 PM	*20 Most Useful Skills in Word - PC Lab

Friday, February 24, 2012

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9:00 AM to 3:00 PM	*AARP Tax Preparation - Garden Room
9:15 AM to 10:15 AM	*Sit-Fit-Fun - Room 216
10:15 AM to 11:45 AM	*Transitions Group - Health Library
10:30 AM to 11:30 AM	*Hatha Yoga - Beginning - Room 216
11:15 AM to 12:15 PM 	Lunch-- La Comida <i>Baked Tilapia w/ Parmesan, Orzo Pilaf, Eggplant w/ Tomato Sauce, Green Salad w/ Mixed Beans & Italian Dressing, Orange Juice & Ice Cream</i>
11:45 AM to 12:45 PM	*Hatha Yoga Intermediate - Room 216
1:00 PM to 2:45 PM	*Improv Workshop - Room 216
1:00 PM to 4:00 PM	*Duplicate Bridge - Room 219
2:30 PM to 4:00 PM	Music Jam Session - Garden Room
2:30 PM to 4:30 PM	Aveneedles - North Lobby
3:00 PM to 4:30 PM	Social Dancing- Room 216