




# Pleasant Valley Senior Center-Activity Calendar

## September 2009



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Apple-A-Day Cafe M. T. TH. F 11:30am-1:00pm \$3 Donation Call 388-1952 For more information</p>		<p>1 8:00.....Exercise 9:00.....Senior Art <b>9:00.....HICAP</b> 9:30.....ArthritisExercise <b>10:30.....Blood Pressure</b> Noon.....Dup. Bridge 1:00.....Senior Band</p>	<p>2 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club Noon.....BI NGO 1:00.....SocialBridge 1:00.....Table Tennis* <b>2:30.....Diabetes Clinic</b> <b>3:15..Parkinson's Class</b></p>	<p>3 8:00.....Exercise 9:30..ArthritisExercise Noon.....Mah Jongg 1:00.....<i>Movie Time</i> <b>"Mama Mia"</b></p>	<p>4 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club 9:00.....Pinochle Noon.....BI NGO Noon.....Bridge 1:00.....Table Tennis*</p>	<p>5 <b>CLOSED</b></p>
<p>6 <b>CLOSED</b></p>	<p>7 <b>CLOSED</b> </p>	<p>8 8:00.....Exercise 9:00.....Senior Art 9:30..ArthritisExercise Noon.....Dup. Bridge 1:00.....Senior Band</p>	<p>9 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club Noon.....BI NGO 1:00.....SocialBridge 1:00.....Table Tennis* <b>3:15..Parkinson's Class</b></p>	<p>10 8:00.....Exercise <b>9:00...Pool Tournament</b> 9:30..ArthritisExercise 10:00...Low Vision Class Noon.....Mah Jongg</p>	<p>11 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club 9:00.....Pinochle Noon.....BI NGO Noon.....Bridge 1:00.....Table Tennis*</p>	<p>12 <b>CLOSED</b></p>
<p>13 <b>CLOSED</b></p>	<p>14 8:00.....Exercise 9:30.....Canasta <b>9:30.....Ukulele</b> Noon.....Dup. Bridge 1:00.....Table Tennis* <b>3:15..Parkinson's Class</b> 6:00.....BI NGO</p>	<p>15 8:00.....Exercise 9:00.....Senior Art <b>9:00.....HICAP</b> 9:30.....ArthritisExercise Noon.....Dup. Bridge 1:00.....Senior Band <b>7:00.....TMG</b></p>	<p>16 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club Noon.....BI NGO 1:00.....SocialBridge 1:00.....Table Tennis* <b>3:15..Parkinson's Class</b></p>	<p>17 8:00.....Exercise 9:30..ArthritisExercise 10:00...Low Vision Class <b>11:30...Hearing Tests</b> Noon.....Mah Jongg</p>	<p>18 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club 9:00.....Pinochle Noon.....BI NGO Noon.....Bridge 1:00.....Table Tennis*</p>	<p>19 <b>Investment Club</b> <b>1:00pm-3:00pm</b></p>
<p>20 <b>CLOSED</b></p>	<p>21 8:00.....Exercise 9:30.....Canasta <b>10:00.....SEMI NAR</b> Noon.....Dup. Bridge 1:00.....Table Tennis* <b>3:15..Parkinson's Class</b> 6:00.....BI NGO <b>No Ukulele Group</b></p>	<p>22 8:00.....Exercise 9:00.....Senior Art 9:30..ArthritisExercise Noon.....Dup. Bridge 1:00.....Senior Band</p>	<p>23 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club Noon.....BI NGO 1:00.....SocialBridge 1:00.....Table Tennis* <b>3:15..Parkinson's Class</b></p>	<p>24 8:00.....Exercise 9:30..ArthritisExercise 10:00...Low Vision Class Noon.....Mah Jongg <b>1:00...AARP Driving</b></p>	<p>25 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club 9:00.....Pinochle Noon.....BI NGO Noon.....Bridge 1:00.....Table Tennis*</p>	<p>26 <b>CLOSED</b></p>
<p>27 <b>CLOSED</b></p>	<p>28 8:00.....Exercise 9:30.....Canasta <b>9:30.....Ukulele</b> Noon.....Dup. Bridge 1:00.....Table Tennis* <b>3:15..Parkinson's Class</b> 6:00.....BI NGO</p>	<p>29 8:00.....Exercise 9:00.....Senior Art 9:30.....ArthritisExercise Noon.....Dup. Bridge 1:00.....Senior Band <b>7:00.....TMG</b></p>	<p>30 8:00.....Exercise 9:00.....Yoga 9:00.....Walking Club Noon.....BI NGO 1:00.....SocialBridge 1:00.....Table Tennis* <b>3:15..Parkinson's Class</b> <b>7:00....Senior Guitar</b></p>	<p><b>Wii Bowling</b> <b>Mondays 9AM-12PM</b> <b>Thursdays 1-4PM</b> <b>Fridays 9-11AM</b> <b>Call to Sign-Up</b> <b>482-4881</b></p>		

# Camarillo Senior Center - Activity Calendar | October 2007



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 8:00 ..... Exercise 9:00. Renters Assistance 10:30 ..... Card Club 1:00.....Table Tennis* 6:00 ..... Bingo	<b>2</b> 8:00.....Exercise 9:00.....Sr. Art Class 9:00.....HICAP 9:15.....Chair Exercise Noon.....Card Club Noon.....Dup. Bridge 1:00.....Senior Band	<b>3</b> 8:00.....Exercise 9:00.....Yoga Noon.....Bingo 1:00.....Bridge 1:00 .....Table Tennis*	<b>4</b> 8:00 ..... Exercise 10:00.....Baile Inst. Noon ..... Card Club	<b>5</b> 8:00.....Exercise 9:00.....Yoga 10:00.....Card Club Noon.....Bingo 1:00.....Table Tennis*	<b>6</b> CLOSED
<b>7</b> CLOSED	<b>8</b> CLOSED Columbus Day	<b>9</b> 8:00.....Exercise 9:00.....Sr. Art Class 9:15.....Chair Exercise 10:30.....Blood Pressure 10:30..Council On Aging Noon.....Card Club Noon.....Dup. Bridge 1:00.....Senior Band	<b>10</b> 8:00.....Exercise 9:00.....Yoga Noon.....Bingo 1:00.....Bridge 1:00 .....Table Tennis*	<b>11</b> 8:00 ..... Exercise 10:00.....Baile Inst. Noon ..... Card Club	<b>12</b> 8:00.....Exercise 9:00 ..... Yoga 10:00.....Card Club Noon ..... Bingo 1:00 ..... Table Tennis*	<b>13</b> CLOSED
<b>14</b> CLOSED	<b>15</b> 8:00.....Exercise 10:30.....Card Club 1:00.....Table Tennis* 6:00.....Bingo	<b>16</b> 8:00.....Exercise 9:00. ....Sr. Art Class 9:00.....HICAP 9:15.....Chair Exercise Noon.....Card Club Noon.....Dup. Bridge 1:00.....Senior Band	<b>17</b> 8:00.....Exercise 9:00.....Yoga Noon.....Bingo 1:00.....Bridge 1:00 .....Table Tennis*	<b>18</b> 8:00.....Exercise 9:30.....Baile Consultat 10:00.....Baile Inst. Noon ..... Card Club 1:00...HICAP Seminar	<b>19</b> 8:00.....Exercise 9:00.....Yoga 10:00.....Card Club Noon.....Bingo 1:00 ..... Table Tennis*	<b>20</b> 1:00 Investment Club
<b>21</b> CLOSED	<b>22</b> 8:00 ..... Exercise 10:30.....Card Club 1:00.....Table Tennis* 6:00.....Bingo	<b>23</b> 8:00.....Exercise 9:00.....Sr. Art Class 9:15.....Chair Exercise Noon.....Card Club Noon.....Dup. Bridge 1:00.....Senior Band	<b>24</b> 8:00.....Exercise 9:00.....Yoga Noon.....Bingo 1:00.....Bridge 1:00 .....ARP Drive 1:00.....Table Tennis* 6:00.....Senior Guitar	<b>25</b> 8:00.....Exercise 10:00.....Baile Inst. Noon.....Card Club 1:00.....ARP Drive 2:00...Veteran Benefit Counseling	<b>26</b> 8:00 ..... Exercise 9:00.....Yoga 10:00 ..... Card Club Noon ..... Bingo 1:00 ..... Table Tennis*	<b>27</b> CLOSED
<b>28</b> CLOSED	<b>29</b> 8:00.....Exercise 10:30.....Card Club 1:00.....Table Tennis* 1:00.....Grey Law 6:00.....Bingo	<b>30</b> 8:00.....Exercise 9:00.....Sr. Art Class 9:15.....Chair Exercise Noon.....Card Club Noon.....Dup. Bridge 12:30. Halloween Dance	<b>31</b> 8:00.....Exercise 9:00.....Yoga Noon.....Bingo 1:00.....Bridge 1:00 ..... Table Tennis*  Halloween	Senior Meals Mon - Fri 11:30am - 1:30pm \$3 donation (Call 388-1952 for information)	County Health Expo November 14th 10:00am -1:00pm Community Center Auditorium	Health Screenings in November call 482-4881 for an appointment