

## October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fit & Move - 9:30a -10:30a Rediscover SD Reg - 930am - 12pm Lunch - 12pm Com. With Tech 1pm - 3pm Square Dancing - 3pm - 5pm	2 Tai Chi - 7:30a - 9:15a Ukelele/Guitar - 930a - 11:30a Garden - 10am - 12pm Lunch - 12pm Piano Class - 1pm - 4pm Zumba - 4pm	3 Watercolor - 8:15a -11:30a Lunch - 12pm Ukelele/Guitar - 1pm - 3pm Yoga - 4pm	4 Bingo! - 9am - 11am Lunch - 12pm CLOSED at 2pm
7 Tai Chi - 8am - 9:30am Life Painting - 10:30a -1:00p Lunch - 12pm Obs. Painting - 1pm - 5pm	8 Fit & Move - 9:30a -10:30a Lunch - 12pm Communicating with Technology - 1pm - 3pm Square Dancing - 3pm - 5pm	9 Tai Chi - 7:30a - 9:15a Ukelele/Guitar - 930a - 11:30a Garden - 10am - 12pm Lunch - 12pm Piano Class - 1pm - 4pm Zumba - 4pm	10 Watercolor - 8:15a -11:30a Lunch - 12pm Ukelele/Guitar - 1pm - 3pm Yoga - 4pm	11 Bingo! - 9am - 11am Lunch - 12pm CLOSED at 2pm
14 Tai Chi - 8am - 9:30am Life Painting - 10:30a -1:00p Lunch - 12pm Obs. Painting - 1pm - 5pm	15 Fit & Move - 9:30a -10:30a Lunch - 12pm Communicating with Technology - 1pm - 3pm Square Dancing - 3pm - 5pm	16 Tai Chi - 7:30a - 9:15a Ukelele/Guitar - 930a - 11:30a Garden - 10am - 12pm Lunch - 12pm Piano Class - 1pm - 4pm Zumba - 4pm	17 Watercolor - 8:15a -11:30a Lunch - 12pm Ukelele/Guitar - 1pm - 3pm Yoga - 4pm	18 Bingo! - 9am - 11am Lunch - 12pm CLOSED at 2pm
21 Tai Chi - 8am - 9:30am Life Painting - 10:30a -1:00p Lunch - 12pm Obs. Painting - 1pm - 5pm	Fit & Move - 9:30a -10:30a Lunch - 12pm Communicating with Technology - 1pm - 3pm Square Dancing - 3pm - 5pm	23 Tai Chi - 7:30a - 9:15a Ukelele/Guitar - 930a - 11:30a Garden - 10am - 12pm Lunch - 12pm Piano Class - 1pm - 4pm Zumba - 4pm	24 Watercolor - 8:15a -11:30a Lunch - 12pm Ukelele/Guitar - 1pm - 3pm Yoga - 4pm	25 Bingo! - 9am - 11am Lunch - 12pm CLOSED at 2pm
28 Tai Chi - 8am - 9:30am Life Painting - 10:30a -1:00p Lunch - 12pm Obs. Painting - 1pm - 5pm	29 Fit & Move - 9:30a -10:30a Lunch - 12pm Communicating with Technology - 1pm - 3pm Square Dancing - 3pm - 5pm	30 Tai Chi - 7:30a - 9:15a Ukelele/Guitar - 930a - 11:30a Garden - 10am - 12pm Lunch - 12pm Piano Class - 1pm - 4pm Zumba - 4pm	31 Watercolor - 8:15a -11:30a Lunch - 12pm Ukelele/Guitar - 1pm - 3pm Yoga - 4pm HAPPY HALLOWEEN!	Rediscovering San Diego Oct 1 - Old Globe - \$3 Oct 8 - Specialty Produce - FRE Oct 15 - Jazz Radio 88.3 - FRE Oct 22 - Linda Canada - FREE Oct 29 - San Diego Superior Court - FREE