

Pop-Up & Drop In: July 21-24, 2025



Pop Up: Sign Up at the front desk!



Drop-In Programs: Just show up!



Seated Fitness Class

Monday	Tuesday	Wednesday	Thursday
<div> Mahjong w/ Irene 10:10 am - 12:00 pm Library Corner </div> <div> August Class Sign Up Support 10:10am - 11:00am Tech Bar </div> <div> Men's Group 11:10 am - 12:00 pm MPR </div> <div> Move More with Medicare: SilverSneakers 101 11:10am-12:00pm Art Room </div> <div> Crochet Open Studio w/ Mary Beth 12:10pm - 1:00pm HT Space </div> <div> Intro to Jewelry Making w/ Jenny 2:10pm-3:00pm HT Space </div> <div> Billiards for Beginners 3:10pm - 4:00pm MPR </div>	<div> Seated Pilates w/ Jason 10:10am-11:00am Sunken Garden </div> <div> Balance & Stretch w/ Jason 11:10am-12:00pm Sunken Garden </div> <div> Sing-Along w/ Cris 12:10pm - 1:00pm Art Room </div> <div> Billiards for Beginners 3:10pm - 4:00pm MPR </div>	<div> Open Chess Studio 10:10am - 12:00pm Library Corner </div> <div> August Class Sign Up Support 10:10am - 11:00am Tech Bar </div> <div> Conversations w/ Rebecca 11:10am - 12:00pm Art Room </div> <div> OT 1:1 Consultations w/ Kai 12:10pm-2:00pm Library Corner </div> <div> Nature Watercolor w/ Karyn 2:10pm-3:00pm HT Space </div> <div> Billiards for Beginners 3:10pm - 4:00pm MPR </div>	<div> Seated Pilates w/ Jason 10:10am-11:00am Sunken Garden </div> <div> Balance & Stretch w/ Jason 11:10am-12:00pm Sunken Garden </div> <div> Social Dance Party w/ Members 12:10pm - 1:00pm Art Room </div> <div> Billiards for Beginners 3:10pm - 4:00pm MPR </div> <div> Pastel Art & Open Art Studio w/ Maya 3:10pm - 4:00pm Art Room </div> <div> August Class Sign Up Support 3:10pm - 4:00pm Tech Bar </div>

Pop-Up & Drop In: July 28-31, 2025



Pop Up: Sign Up at the front desk!



Drop-In Programs: Just show up!



Seated Fitness Class

Monday	Tuesday		Wednesday		Thursday	
Mahjong w/ Irene 10:10 am - 12:00 pm Library Corner	Men's Group 11:10 am - 12:00 pm MPR	AI Education Workshop w/ USC Viterbi 11:10am-12:00pm Art Room	Seated Pilates w/ Jason 10:10am-11:00am Sunken Garden	Balance & Stretch w/ Jason 11:10am-12:00pm Sunken Garden	Seated Pilates w/ Jason 10:10am-11:00am Sunken Garden	Balance & Stretch w/ Jason 11:10am-12:00pm Sunken Garden
Crochet Open Studio w/ Mary Beth 12:10pm - 1:00pm HT Space	Sing-Along w/ Cris 12:10pm - 1:00pm Art Room	OT 1:1 Consultations w/ Kai 12:10pm-2:00pm Library Corner	Open Chess Studio 10:10am - 12:00pm Library Corner	Conversation w/ Rebecca 11:10am - 12:00pm Art Room	Volunteer w/ LA Works: Career Readiness Kit Packing 11:10am - 12:00pm Art Room	OT 1:1 Consultations w/ Chizuko 11:10am - 1:00pm Library Corner
Intro to Jewelry Making w/ Jenny 2:10pm-3:00pm HT Space			Crochet Open Studio w/ Mary Beth 12:10pm - 1:00pm HT Space	Nature Watercolor w/ Karyn 2:10pm-3:00pm HT Space		Social Dance Party w/ Members 12:10pm - 1:00pm Art Room
Billiards for Beginners 3:10pm - 4:00pm MPR	Billiards for Beginners 3:10pm - 4:00pm MPR	Pastel Art & Open Art Studio w/ Maya 3:10pm - 4:00pm Art Room	Billiards for Beginners 3:10pm - 4:00pm MPR	Virtual Trip: Cebu, Philippines 3:10pm-4:00pm Art Room	Billiards for Beginners 3:10pm - 4:00pm MPR	Pastel Art & Open Art Studio w/ Maya 3:10pm - 4:00pm Art Room