

Flexible Classes: August 4-7



Limited Seating - Sign up!
좌석이 한정되어 있으니 신청해 주세요



Seated Fitness Class
의자 피트니스 수업

Monday	Tuesday	Wednesday	Thursday
Mahjong w/ Irene 10:10am - 12pm Library Corner	Upper Body Tone w/ Jason 10:10am - 11am Sunken Garden	Open Chess Studio 10:10am - 12pm Library Corner	Lower Body Tone w/ Jason 10:10am - 11am Sunken Garden
Men's Group 11:10am - 12pm Art Room		Balance & Stretch w/ Jason 10:10am - 11am Sunken Garden	
		Conversations w/ Rebecca 11:10am - 12pm Art Room	
Crochet Open Studio w/ Mary Beth 12:10pm - 1pm HT Space	Flexibility Training w/ Lisa 10:10am - 11am Sunken Garden	Grief & Loss Conversation w/ Tom & Chizuko 12:10pm - 1pm MPR	Social Dance Party w/ Members 12:10pm - 1pm Art Room
	Reading into Writing Workshop w/ Lisa 12:10pm - 1pm Art Room	Crochet Open Studio w/ Mary Beth 12:10pm - 1pm HT Space	Smile Strong: Oral Health for Aging Well w/ Rachel 1:10pm - 2pm Art Room
	Sing-Along w/ Cris 1:10pm - 2pm Art Room	1:1 Consultations w/ Kai 12:10pm - 2pm Library Corner	
Intro to Jewelry Making w/ Jenny 2:10pm - 3pm HT Space		Nature Watercolor w/ Karyn 2:10pm - 3pm HT Space	
Billiards for Beginners w/ Katie 3:10pm - 4pm MPR	Billiards for Beginners w/ Katie 3:10pm - 4pm MPR	Billiards for Beginners w/ Katie 3:10pm - 4pm MPR	Billiards for Beginners w/ Katie 3:10pm - 4pm MPR
	Pastel Art & Open Art Studio w/ Maya 3:10pm - 4pm HT Space		Pastel Art & Open Art Studio w/ Maya 3:10pm - 4pm HT Space

Flexible Classes: August 11-14



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	Reading into Writing Workshop w/Lisa 12:10pm - 1pm Art Room	Grief & Loss Conversation w/ Tom & Chizuko 12:10pm - 1pm MPR	On the Move Riders Program w/LA Metro 1:10pm - 2pm Art Room
	Sing-Along w/ Cris 1:10pm - 2pm Art Room		
Intro to Jewelry Making w/ Jenny 2:10pm - 3pm HT Space	1:1 Consultations w/ Kai 12:10pm - 2pm Library Corner	Nature Watercolor w/ Karyn 2:10pm - 4pm HT Space	
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