

DAILY

11:30 a.m. – 12:30p.m. LUNCH in the Dining Center

MONDAY

**9:00–10:00 am Evidence Based Exercise Class, Treva Johnson, Instructor
10:30 – 1:30 Drawing and Painting with Pat
10:45 am – 11:45 am Evidence Based Exercise Class, RJ, Instructor
12 Noon - 1:00 pm Silver Sneakers, RJ, Instructor
2:00 – 3:30 p.m. Quilting with Deborakh**

TUESDAY

**9:30am –10:30 am Evidence Based Exercise Class, Treva Johnson, Instructor
9:30a.m. Tuesday. April 9 Avoiding Salt - - Kidney Foundation Presentation
10:30 am –1 pm. – Drawing and Painting with Pat
10:45 am – 11:45 am Evidence Based Exercise Class, RJ, Instructor
12Noon – 1:00 pm Silver Sneakers, RJ, Instructor
11:00am–2:00 pm, Crochet & Knitting Group
1p.m. Cindy's Afternoon Special**

WEDNESDAY

**9:00–10:00 am Evidence Based Exercise Class, Treva Johnson, Instructor
10:30 – 11:30 Bingo, with Curtis
10:30 – 11:30am Knitting and Crocheting
1p.m. – 3p.m. Karaoke with Vivian and Tom**

THURSDAY

**9:30–10:30 am Evidence Based Exercise Class, Treva Johnson, Instructor
10:30 – 11:30am Knitting and Crocheting
10:30a.m. - 1:30pm – Drawing and Painting with Pat
1p.m. Cindy's Afternoon Special**

FRIDAY

**9:00–10:00 am Evidence Based Exercise Class, Treva Johnson, Instructor
10:30 – 11:30 a.m. Bingo, with Curtis
1p.m. Group Discussions with Kenn Hicks, LCSW, in Club Pacoima
1p.m. – 3p.m. Karaoke with Vivian and Tom**

**LA REGIONAL FOOD BANK
Monday April 15, 9 a.m. – Noon**

March 18, 2024