

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm Silver Sneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 2 2:15-3:15pm Yang 24 Tai Chi: Refinement	2 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong	3 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong	4 8:30am-4:30pm Billiards* 9:15-10:15am Nia—Try It Class 11:15am-12:15pm Silver Sneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games*	5 8:30am-4:30pm Billiards* 11am-12pm Bingo* 1-1:55pm Wu 24 Tai Chi: Part 2 2:15-3:15pm Yang 24 Tai Chi: Refinement 6:30-7:30pm Zumba*	6 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 7-9pm Line Dance	7 9-10am Zumba* 10:15-11:15am Veterans Yoga*
8 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm Silver Sneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 2 1-4pm Acrylic Pour Art 2:15-3:15pm Yang 24 Tai Chi: Refinement	9 8:30am-4:30pm Billiards* 9-10:30am AARP SDTek 9:30-10:30am Morning Tai Chi & Qigong 4-8pm Day Trip: The Grotto Festival of Lights	10 8:30am-4:30pm Billiards* 11:15am-12:15pm Silver Sneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games*	11 8:30am-4:30pm Billiards* 1-1:55pm Wu 24 Tai Chi: Part 2 2:15-3:15pm Yang 24 Tai Chi: Refinement 6:30-7:30pm Zumba*	12 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11:30am-12:30pm Earthwise Crew: Silk, Silkworms and the Silk Roads 7-9pm Line Dance	13 9-10am Zumba* 10:15-11:15am Veterans Yoga*	14 9-10am Zumba* 10:15-11:15am Veterans Yoga*
15 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm Silver Sneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 2 2:15-3:15pm Yang 24 Tai Chi: Refinement 7-8:30pm New Horizons Big Band Holiday Concert	16 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 10:45-11:45am Strength & Stretch Try It Class 12-1pm Chair Yoga Try It Class 12-1pm Lunch & Learn: Wisdom & Aging	17 8:30am-4:30pm Billiards* 9am-12:30pm Day Trip: Slappy Cakes 11:15am-12:15pm Silver Sneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 2-3pm JPC Book Club	18 8:30am-4:30pm Billiards* 1-1:55pm Wu 24 Tai Chi: Part 2 2:15-3:15pm Yang 24 Tai Chi: Refinement 6:30-7:30pm Zumba*	19 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 7-9pm Line Dance	20 9-10am Zumba* 10:15-11:15am Veterans Yoga*	21 9-10am Zumba* 10:15-11:15am Veterans Yoga*
22 8:30am-4:30pm Billiards* 11:15am-12:15pm Silver Sneakers Classic	23 8:30am-4:30pm Billiards*	24 <b>CLOSED</b>	25 8:30am-4:30pm Billiards* 1-1:55pm Wu 24 Tai Chi: Part 2 2:15-3:15pm Yang 24 Tai Chi: Refinement 6:30-7:30pm Zumba*	26 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 7-9pm Line Dance	27 9-10am Zumba* 10:15-11:15am Veterans Yoga*	28 9-10am Zumba* 10:15-11:15am Veterans Yoga*
29 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm Silver Sneakers Classic	30 8:30am-4:30pm Billiards*	31 8:30am-4:30pm Billiards*				* Denotes Drop-in Activity

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			<b>CLOSED</b>	1 8:30am-4:30pm Billiards* 11am-12pm Bingo* 1-1:55pm Wu 24 Tai Chi: Part 2 2:15-3:15pm Yang 24 Tai Chi: Refinement 6:30-7:30pm Zumba*	2 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 7-9pm Line Dance	3 9-10am Zumba* 10:15-11:15am Veterans Yoga*
5	6 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 1 11:15am-12:15pm Silver Sneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 2 2:15-3:15pm Yang 24 Tai Chi: Refinement	7 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 10:45-11:45am Strength & Stretch 12-1pm Chair Yoga 2-3pm Sound Meditation with Sentinel Sound Work	8 8:30am-4:30pm Billiards* 11:15am-12:15pm Silver Sneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 2-4pm The Power of Food for Healthy Weight Management	9 8:30am-4:30pm Billiards* 1-1:55pm Wu 24 Tai Chi: Part 2 2-3:30pm So, You Want to Write Fiction! 2:15-3:15pm Yang 24 Tai Chi: Refinement 6:30-7:30pm Zumba*	10 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 11:30am-12:30pm Earthwise Crew: Owls—Hunters of the Night 7-9pm Line Dance	11 9-10am Zumba* 10:15-11:15am Veterans Yoga*
12 12-3:30pm Day Trip: Pickleball at the People's Courts	13 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm Silver Sneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 2 2:15-3:15pm Yang 24 Tai Chi: Refinement	14 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 10:45-11:45am Strength & Stretch 12-1pm Chair Yoga 1-3pm American Mah Jongg Lessons*	15 8:30am-4:30pm Billiards* 11:15am-12:15pm Silver Sneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 2-4pm The Power of Food for Healthy Weight Management	16 8:30am-4:30pm Billiards* 9:15-10:15am Nia 1-1:55pm Wu 24 Tai Chi: Part 2 2-3:30pm So, You Want to Write Fiction! 2-3:30pm Convos on Aging: Resilience 2:15-3:15pm Yang 24 Tai Chi: Refinement 6:30-7:30pm Zumba*	17 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 7-9pm Line Dance	18 9-10am Zumba* 10:15-11:15am Veterans Yoga*
19	<b>CLOSED</b>	20 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 10:45-11:45am Strength & Stretch 12-1pm Chair Yoga 12-1pm Lunch & Learn: Medication Safety 1-3pm American Mah Jongg Lessons*	21 8:30am-4:30pm Billiards* 11:15am-12:15pm Silver Sneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 2-4pm The Power of Food for Healthy Weight Management	22 8:30am-4:30pm Billiards* 9:15-10:15am Nia 1-1:55pm Wu 24 Tai Chi: Part 2 2-3:30pm So, You Want to Write Fiction! 2:15-3:15pm Yang 24 Tai Chi: Refinement 6:30-7:30pm Zumba*	23 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 4-9:30pm Day Trip: Beaverton Symphony Orchestra 7-9pm Line Dance	24 9-10am Zumba* 10:15-11:15am Veterans Yoga*
26	27 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm Silver Sneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 2 2:15-3:15pm Yang 24 Tai Chi: Refinement	28 8:30am-4:30pm Billiards* 8:45am-4pm AARP Driver Safety 9:30-10:30am Morning Tai Chi & Qigong 10:45-11:45am Strength & Stretch 12-1pm Chair Yoga 1-3pm American Mah Jongg Lessons*	29 8:30am-4:30pm Billiards* 11:15am-12:15pm Silver Sneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 2-3pm JPC Book Club 2-4pm The Power of Food for Healthy Weight Management	30 8:30am-4:30pm Billiards* 9:15-10:15am Nia 1-1:55pm Wu 24 Tai Chi: Part 2 2-3:30pm So, You Want to Write Fiction! 2:15-3:15pm Yang 24 Tai Chi: Refinement 6:30-7:30pm Zumba*	31 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 7-9pm Line Dance	* Denotes Drop-in Activity

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						1 9-10am Zumba* 10:15-11:15am Veterans Yoga*
2 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm Silver Sneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 2 2:15-3:15pm Yang 24 Tai Chi: Refinement	3	4 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 10:45-11:45am Strength & Stretch 12-1pm Chair Yoga 1-3pm American Mah Jongg Lessons*	5 8:30am-4:30pm Billiards* 11:15am-12:15pm Silver Sneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 2-4pm The Power of Food for Healthy Weight Management	6 8:30am-4:30pm Billiards* 9:15-10:15am Nia 10am-12pm Older Adult Self Defense Seminar 11am-12pm Bingo* 1-1:55pm Wu 24 Tai Chi: Part 2 2-3:30pm So, You Want to Write Fiction! 2:15-3:15pm Yang 24 Tai Chi: Refinement 6:30-7:30pm Zumba*	7 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 7-9pm Line Dance	8 9-10am Zumba* 10:15-11:15am Veterans Yoga*
9 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm Silver Sneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 2 2:15-3:15pm Yang 24 Tai Chi: Refinement	10	11 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 10:45-11:45am Strength & Stretch 12-1pm Chair Yoga	12 8:30am-4:30pm Billiards* 11:15am-12:15pm Silver Sneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 2-4pm The Power of Food for Healthy Weight Management	13 8:30am-4:30pm Billiards* 9:15-10:15am Nia 1-1:55pm Wu 24 Tai Chi: Part 2 2-3:30pm So, You Want to Write Fiction! 2:15-3:15pm Yang 24 Tai Chi: Refinement 6:30-7:30pm Zumba*	14 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 1:45-3:45pm Day Trip: Archery Lesson 7-9pm Line Dance	15 9-10am Zumba* 10:15-11:15am Veterans Yoga*
16 <b>CLOSED</b>	17	18 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 10:45-11:45am Strength & Stretch 12-1pm Chair Yoga 12-1pm Lunch & Learn: How to Be a Grand Ally	19 8:30am-4:30pm Billiards* 11:15am-12:15pm Silver Sneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 2-4pm The Power of Food for Healthy Weight Management	20 8:30am-4:30pm Billiards* 9:15-10:15am Nia 1-1:55pm Wu 24 Tai Chi: Part 2 2-3:30pm So, You Want to Write Fiction! 2-3:30pm Convos on Aging: Friendship 2:15-3:15pm Yang 24 Tai Chi: Refinement 6:30-7:30pm Zumba*	21 8:30am-4:30pm Billiards* 9:30-10:30am Morning Tai Chi & Qigong 12-4:30pm Billiard Tournament 7-9pm Line Dance	22 9-10am Zumba* 10:15-11:15am Veterans Yoga*
23 8:30am-4:30pm Billiards* 9:45-10:45am Gentle Yoga: Session 2 11:15am-12:15pm Silver Sneakers Classic 1-1:55pm Wu 24 Tai Chi: Part 2 2:15-3:15pm Yang 24 Tai Chi: Refinement	24	25 8:30am-4:30pm Billiards* 11am-2pm Blood Pressure Screenings 12-1pm Chair Yoga	26 8:30am-4:30pm Billiards* 11:15am-12:15pm Silver Sneakers Classic 12:30-3pm American Mah Jongg* 1-4:30pm Cards & Games* 2-3pm JPC Book Club 3:30-7:30pm Day Trip: AKADI PDX	27 8:30am-4:30pm Billiards* 9:15-10:15am Nia 9-10:30am AARP SDTek 2-3:30pm So, You Want to Write Fiction! 6:30-7:30pm Zumba*	28 8:30am-4:30pm Billiards* 7-9pm Line Dance	* Denotes Drop-in Activity