



Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>HAPPY New Year</b> Center Closed</p>	<p>1 7:30 Pickleball ▲ 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 12:45 Loteria</p> <p><b>No Tai Chi Chuan No Hawaiian Dance No NOCE - Staying Mentally Sharp No NOCE - Robin's Health &amp; Exercise No Tuesday Evening Dance</b></p>	<p>2 8:00 Walking Group ● 8:30 Farmer's Market 11:00 Sr. Lunch with Reservation 4:00 Karaoke! ●</p> <p><b>No Tai Chi Chuan No NOCE - Fit &amp; Healthy with Kenny No Sr. Line Dance Lessons No Chair Yoga</b></p>	<p>3 10:30 Korean Folk Singing 10:30 Grocery Distribution 11:00 Table Tennis ▲ 11:00 Sr. Lunch with Reservations 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 4:00 Senior Ukulele Jam</p> <p><b>No NOCE - Staying Mentally Sharp No NOCE - Robin's Health &amp; Exercise</b></p>	<p>4 7:30 Pickleball ▲ 8:00 Walking Group ● 11:00 Sr. Lunch with Reservation 11:30 Heath Enhancing Lecture</p> <p><b>No NOCE Health &amp; Wellness with Eunice No Movie Today</b></p>
<p>8 8:00 Walking Group ● 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Bingo ● 1:00 Caring Companions ●</p> <p><b>No NOCE - Fun and Fitness with Janine</b></p>	<p>9 7:30 Pickleball ▲ 9:00 Tai Chi Chuan ● 9:15 Beginning Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 6:00 Tuesday Evening Dance ▲</p> <p><b>No NOCE - Staying Mentally Sharp No NOCE - Robin's Health &amp; Exercise</b></p>	<p>10 8:00 Walking Group ● 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 10:30 Chair Yoga 11:00 Sr. Lunch with Reservation 1:00 Museum and More ▲ 4:00 Birthday Karaoke! ●</p> <p><b>No NOCE - Fit &amp; Healthy with Kenny No Sr. Line Dance Lessons</b></p>	<p>11 9:00 Community Legal Aid Appointments 10:30 Korean Folk Singing ▲ 11:00 Table Tennis ▲ 11:00 Sr. Lunch with Reservations 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 2:00 Thursday Trivia 4:00 Senior Drum Circle</p> <p><b>No NOCE - Staying Mentally Sharp No NOCE - Robin's Health &amp; Exercise</b></p>	<p>12 7:30 Pickleball ▲ 8:00 Walking Group ● 9:00 NOCE - Health &amp; Wellness with Eunice 10:00 Korean Parkinson Support Group 11:00 Grief Support Group 11:00 Sr. Lunch with Reservation 11:30 Clase de educacion para la salud 12:30 Friday Movie - "Blue Beetle" 12:30 NOCE - Fit &amp; Healthy with Kenny</p>
<p>15 8:00 Walking Group ● 9:00 Departure of Laughlin/Aquarius Hotel 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 11:00 Ipad Training Class + 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Medicare Counseling - HICAP 12:30 Bingo ●</p> <p><b>No NOCE - Fun and Fitness with Janine</b></p>	<p>16 7:30 Pickleball ▲ 9:00 Tai Chi Chuan ● 9:15 Beginning Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 9:00 NOCE - Staying Mentally Sharp 10:00 NOCE - Robin's Health &amp; Wellness 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 11:30 Chair Volleyball ● 11:30 Korean Drumming ▲ 12:45 Loteria 1:00 Alzheimer's Caregiver Support Group 6:00 Tuesday Evening Dance ▲</p>	<p>17 8:00 Walking Group ● 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Sr. Line Dance Lessons 10:00 Sharpen Your Mind Workshop + 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit &amp; Healthy with Kenny 4:00 Karaoke! ●</p>	<p>18 9:00 NOCE- Crocheting &amp; Knitting 9:00 NOCE-Staying Mentally Sharp 10:30 Grocery Distribution 10:30 Korean Folk Singing ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Creative Coloring ● 1:00 Senior Club Board Meeting 1:30 Korean Dance ▲ 4:00 Senior Sing-a-Long</p> <p><b>No Festive Fitness With Deena</b></p>	<p>19 7:30 Pickleball ▲ 8:00 Walking Group ● 9:00 NOCE - Health &amp; Wellness with Eunice 11:00 Sr. Lunch with Reservation 12:30 NOCE- Fit &amp; Healthy with Kenny 2:30 Crafternoon - Pet Portraits</p> <p><b>No Movie Today.</b></p>
<p>22 8:00 Walking Group ● 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Bingo ●</p>	<p>23 7:30 Pickleball ▲ 9:00 Tai Chi Chuan ● 9:15 Beginning Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 9:00 NOCE - Staying Mentally Sharp 10:00 NOCE - Robin's Health &amp; Wellness 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 6:00 Tuesday Evening Dance ▲</p>	<p>24 8:00 Walking Group ● 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Sr. Line Dance Lessons ▲ 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit &amp; Healthy with Kenny 4:00 Karaoke! ●</p>	<p>25 9:00 NOCE- Crocheting &amp; Knitting 9:00 NOCE-Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 10:00 Travel Show - AFC Vacations + 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Korean Medicare Q &amp; A + 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 4:00 Senior Drum Circle ●</p>	<p>26 7:30 Pickleball ▲ 8:00 Walking Group ● 9:00 NOCE - Health &amp; Wellness with Eunice 11:00 Sr. Lunch with Reservation 11:00 Grief Support Group 12:30 NOCE - Fit &amp; Healthy with Kenny 12:30 Friday Movie - "My Big Fat Greek Wedding 3" 4:30 Crafternoon - Pet Portraits</p>
<p>29 Similar Schedule to January 22nd Add: Presentacion de diferente opciones de transporte con OCTA +</p>	<p>30 Similar Schedule to January 23rd</p>	<p>31 Similar Schedule to January 24th</p>	 <p><b>JANUARY 2024</b></p>	


  
 ● Sponsored by the Senior Club  
 ▲ Fee Based Classes  
 + Free Seminars & Workshops