
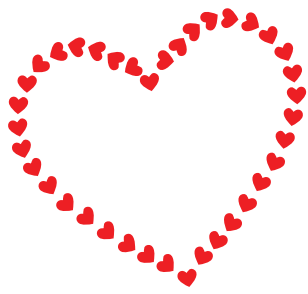




Monday	Tuesday	Wednesday	Thursday	Friday
<h1>February</h1> 				
<h1>2024</h1>				
<p>8:00 Walking Group ●</p> <p>9:00 NOCE - Fun and Fitness with Janine</p> <p>9:00 Longevity Stick Balance ●</p> <p>9:00 Needlecraft Service Group ●</p> <p>9:00 OCTA - English Workshop +</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:00 Table Tennis ▲</p> <p>12:00 Medicare Counseling - HICAP</p> <p>12:30 Bingo ●</p> <p>1:00 Caring Companions ●</p>	<p>7:30 Pickleball ▲</p> <p>9:00 Tai Chi Chuan ●</p> <p>9:00 Hawaiian Dance Lessons ▲</p> <p>9:15 Beginning Tai Chi Chuan</p> <p>9:00 NOCE-Staying Mentally Sharp</p> <p>10:00 NOCE- Robin's Health &amp; Exercise</p> <p>10:30 Belly Dance Lesson</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:30 Korean Drumming ▲</p> <p>12:45 Loteria</p> <p>6:00 Tuesday Evening Dance</p>	<p>8:00 Walking Group ●</p> <p>8:30 Farmer's Market</p> <p>8:30 Tai Chi Chuan ●</p> <p>8:45 Beginning Tai Chi Chuan ●</p> <p>9:00 Line Dance Alive</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE - Fit &amp; Healthy with Kenny</p> <p>4:00 Karaoke! ●</p>	<p>9:00 NOCE- Crocheting &amp; Knitting</p> <p>9:00 NOCE-Staying Mentally Sharp</p> <p>10:30 Korean Folk Singing</p> <p>10:30 Grocery Distribution</p> <p>11:00 Table Tennis</p> <p>11:00 Sr. Lunch with Reservations</p> <p>12:30 Tax Assistance Program - By Appointment</p> <p>1:30 Korean Dance</p> <p>4:00 Senior Ukulele Jam</p> <p><b>No Festive Fitness With Deena</b></p>	<p>7:30 Pickleball ▲</p> <p>8:00 Walking Group ●</p> <p>9:00 NOCE - Health &amp; Wellness with Eunice</p> <p>11:00 Meals on Wheels Lunch</p> <p>12:30 NOCE - Fit &amp; Healthy with Kenny</p> <p><b>No Movie Today</b> <b>No Health Enhancing Class</b></p>
<p>8:00 Walking Group ●</p> <p>9:00 NOCE - Fun and Fitness with Janine</p> <p>9:00 Longevity Stick Balance</p> <p>9:00 Needlecraft Service Group</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation ▲</p> <p>11:00 Table Tennis</p> <p>12:30 Bingo ●</p>	<p>7:30 Pickleball ▲</p> <p>9:00 Tai Chi Chuan ●</p> <p>9:15 Beginning Tai Chi Chuan ▲</p> <p>9:00 Hawaiian Dance Lessons</p> <p>9:00 NOCE - Staying Mentally Sharp</p> <p>10:00 NOCE - Robin's Health &amp; Wellness</p> <p>10:30 Belly Dance Lesson</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:30 Korean Drumming</p> <p>6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ●</p> <p>8:30 Farmer's Market</p> <p>8:30 Tai Chi Chuan ●</p> <p>8:45 Beginning Tai Chi Chuan ●</p> <p>9:00 Line Dance Alive</p> <p>10:00 How to Dispose of Medication Safely +</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE - Fit &amp; Healthy with Kenny</p> <p>1:00 Cultural Excursions for Seniors</p> <p>4:00 Birthday Karaoke with Optum</p>	<p>9:00 NOCE- Crocheting &amp; Knitting</p> <p>9:00 NOCE-Staying Mentally Sharp</p> <p>10:30 Korean Folk Singing ▲</p> <p>10:30 Grocery Distribution</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:00 Table Tennis ▲</p> <p>12:30 Creative Coloring ●</p> <p>12:30 Tax Assistance Program - By Appointment</p> <p>1:00 Senior Club Board Meeting ●</p> <p>1:30 Korean Dance</p> <p>4:00 Senior Drum Circle ▲</p> <p><b>No Festive Fitness With Deena</b></p>	<p>7:30 Pickleball ▲</p> <p>8:00 Walking Group ●</p> <p>9:00 NOCE - Health &amp; Wellness with Eunice</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE- Fit &amp; Healthy with Kenny</p> <p>2:30 Crafternoon - Upcycled Fabric Flowers</p> <p><b>No Movie Today.</b></p>
 <p><b>HAPPY Presidents Day</b></p> <p><b>Center Closed</b></p>	<p>7:30 Pickleball ▲</p> <p>9:00 Tai Chi Chuan</p> <p>9:15 Beginning Tai Chi Chuan</p> <p>9:00 Hawaiian Dance Lessons ▲</p> <p>9:00 NOCE - Staying Mentally Sharp</p> <p>9:00 NOCE - Robin's Health &amp; Wellness</p> <p>10:30 Belly Dance Lesson ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:30 Korean Drumming</p> <p>12:45 Loteria</p> <p>1:00 Alzheimer's Caregiver Support Group</p> <p>6:00 Tuesday Evening Dance</p>	<p>8:00 Walking Group ●</p> <p>8:30 Farmer's Market</p> <p>8:30 Tai Chi Chuan ●</p> <p>8:45 Beginning Tai Chi Chuan ●</p> <p>9:00 Line Dance Alive</p> <p>10:00 Dispelling Myths about Dementia +</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE - Fit &amp; Healthy with Kenny</p> <p>12:30 Stress: Coping and triggers +</p> <p>4:00 Karaoke!</p>	<p>9:00 NOCE - Crocheting &amp; Knitting</p> <p>9:00 NOCE - Staying Mentally Sharp</p> <p>10:30 Korean Folk Singing ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:00 Table Tennis ▲</p> <p>12:30 Creative Coloring ●</p> <p>12:30 Tax Assistance Program - By Appointment</p> <p>1:30 Korean Dance ▲</p> <p>4:00 Senior Sing-a-Long</p> <p><b>No Festive Fitness With Deena</b></p>	<p>7:30 Pickleball ▲</p> <p>8:00 Walking Group ●</p> <p>9:00 NOCE - Health &amp; Wellness with Eunice</p> <p>9:00 Bulletin Collation ●</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:00 Grief Support Group</p> <p>12:30 Friday Movie - "The Perfect Date!"</p> <p>12:30 NOCE - Fit &amp; Healthy with Kenny</p> <p>4:30 Crafternoon - Upcycled Fabric Flowers</p>
<p>Similar Schedule to February 12th</p> <p><b>Include:</b></p> <p>9:00 Departure Trip #1 Soboba Casino</p> <p>2:00 Healthy Communications +</p>	<p>Similar Schedule to February 20th</p> <p><b>Exclude:</b></p> <p>12:45 Loteria</p> <p>1:00 Alzheimer's Caregiver Support Group</p>	<p>Similar Schedule to February 21st</p> <p><b>Exclude:</b></p> <p>10:00 Dispelling Myths about Dementia +</p>	<p>Similar Schedule to February 22nd</p> <p><b>Include:</b></p> <p>12:00 Korean Doc Talk - Arthritis</p> <p>4:00 Senior Drum Circle</p> <p><b>Exclude:</b></p> <p>4:00 Senior Sing-a-long</p>	 <p>THOUSAND OAKS CITIZENS CLUB OF <b>Fullerton</b> SINCE 1966</p> <p>● Sponsored by the Senior Club ▲ Fee Based Classes + Free Seminars &amp; Workshops</p>