

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Walking Group ● 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 10:30 Chair Yoga ▲ 10:30 Senior Programs Office Hours 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Medicare Counseling - HICAP 12:30 Bingo ● 1:00 Caring Companions ● 2:00 Healthy Relationships Workshop+ No NOCE Classes	7:30 Pickleball ▲ 9:00 Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 9:15 Beginning Tai Chi Chuan 9:00 NOCE-Staying Mentally Sharp 10:00 NOCE- Robin's Health & Exercise 10:30 Belly Dance Lesson 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 12:30 Senior Exercise Demo + 6:00 Tuesday Evening Dance ▲ No Loteria	8:00 Walking Group ● 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive ▲ 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke! ● No Karaoke	9:00 NOCE- Crocheting & Knitting 9:00 NOCE-Staying Mentally Sharp 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 ▲ 3:00 Spring Fling Social ▲ 4:00 Senior Ukulele Jam ● No Festive Fitness With Deena	7:30 Pickleball ▲ 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Meals on Wheels Lunch 12:30 NOCE - Fit & Healthy with Kenny No Movie Today No Health Enhancing Class
8:00 Walking Group ● 8:00 Trip Departure Flower Field Carlsbad 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Bingo ● 12:30 Medicare 101 Spanish Workshop + 2:00 Healthy Relationships Workshop + No Chair Yoga	7:30 Pickleball ▲ 9:00 Tai Chi Chuan ● 9:00 Hawaiian Dance Lessons ▲ 9:15 Beginning Tai Chi Chuan 9:00 NOCE-Staying Mentally Sharp 10:00 NOCE- Robin's Health & Exercise 10:30 Belly Dance Lesson 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 6:00 Tuesday Evening Dance ▲	8:00 Walking Group ● 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive ▲ 10:00 Laughter Yoga + 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 1:00 Cultural Excursions for Seniors ▲ 4:00 Birthday Karaoke with Optum ● No Chair Yoga	9:00 NOCE- Crocheting & Knitting 9:00 NOCE-Staying Mentally Sharp 9:00 Community Legal Aid Appointments 9:45 Thursday Trivia ● 10:30 Korean Folk Singing ▲ 10:30 Grocery Distribution 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:00 Korean Medicare + 12:30 Creative Coloring ● 1:30 Korean Dance 4:00 Senior Drum Circle No Festive Fitness With Deena	7:30 Pickleball ▲ 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 10:00 Korean Parkinson Support Group 11:00 Grief Support Group 11:00 Sr. Lunch with Reservation 11:15 Clase de Educacion para la Salud 12:30 Friday Movie - "Wall-E" 12:30 NOCE - Fit & Healthy with Kenny
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 11:00 Ipad Training Class + 11:30 Home Safety & Preventing Falls + 12:00 Medicare Counseling - HICAP 12:30 Bingo ● 2:00 Healthy Relationships Workshop +	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 & Wellness 10:30 Belly Dance Lesson 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming ▲ 12:00 Turning 65 Workshop 12:30 Loteria 1:00 Alzheimer's Caregiver Support Group 6:00 Tuesday Evening Dance ▲	8:00 Walking Group ● 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive ▲ 10:00 Important of Sleep for Cognition + 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny	9:00 NOCE - Crocheting & Knitting 9:00 NOCE - Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 10:30 Grocery Distribution 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 4:00 Senior Sing-a-Long No Festive Fitness With Deena	7:30 Pickleball ▲ 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 11:00 Sr. Lunch with Reservation 12:30 NOCE- Fit & Healthy with Kenny 2:30 Crafternoon - "Rock Zodiac Painting" No Movie Today.
8:00 Walking Group ● 9:00 NOCE - Fun and Fitness with Janine 9:00 Longevity Stick Balance ● 9:00 Needlecraft Service Group ● 10:00 Medicare Preventive Services + 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Bingo ● 2:00 Healthy Relationships Workshop +	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 9:00 NOCE - Robin's Health & Wellness 10:30 Belly Dance Lesson ▲ 11:00 Sr. Lunch with Reservation 11:30 Korean Drumming 12:30 Bunco ● 6:00 Tuesday Evening Dance	8:00 Walking Group ● 8:30 Farmer's Market 8:30 Tai Chi Chuan ● 8:45 Beginning Tai Chi Chuan ● 9:00 Line Dance Alive ▲ 10:30 Chair Yoga ▲ 11:00 Sr. Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 12:30 Grow it Now: Spring Vegetables + 4:00 Karaoke!	9:00 NOCE - Crocheting & Knitting 9:00 NOCE - Staying Mentally Sharp 10:30 Korean Folk Singing ▲ 11:00 Sr. Lunch with Reservation 11:00 Table Tennis ▲ 12:30 Creative Coloring ● 1:30 Korean Dance ▲ 4:00 Senior Drum Circle ● No Festive Fitness With Deena	7:30 Pickleball ▲ 8:00 Walking Group ● 9:00 NOCE - Health & Wellness with Eunice 9:00 Bulletin Collation ● 11:00 Sr. Lunch with Reservation 11:00 Grief Support Group 12:30 Friday Movie - "I am Greta" 12:30 NOCE - Fit & Healthy with Kenny 4:30 Crafternoon - "Rock Zodiac
Similar Schedule to April 22nd Exclude: 10:00 Medicare Preventive Services	Similar Schedule to April 23rd Exclude: 12:00 Senior Zumba	SPONSOR CITIZENS CLUB OF Fullerton <small>SINCE 1966</small> ● Sponsored by the Senior Club ▲ Fee Based Classes + Free Seminars & Workshops		