

Monday	Tuesday	Wednesday	Thursday	Friday
<p>★ LABOR ★ ★ ★ ★ DAY ★ ★ ★</p> <p>Center Closed</p>	<p>7:30 Pickleball ▲ 3</p> <p>9:00 Hawaiian Dance Lessons ▲</p> <p>9:00 NOCE - Staying Mentally Sharp</p> <p>10:00 NOCE - Health & Wellness with Robin</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>No Tai Chi Chuan</p>	<p>8:00 Walking Group ● 4</p> <p>8:30 Farmer's Market</p> <p>9:00 Line Dance Alive ▲</p> <p>10:00 Dementia 101 Workshop+</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE - Fit & Healthy with Kenny</p> <p>4:00 Karaoke</p> <p>No Tai Chi Chuan No Chair Yoga</p>	<p>9:00 NOCE - Crocheting & Knitting 5</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>1:30 Korean Dance ▲</p> <p>2:00 It's Your Money Workshop +</p> <p>4:00 Senior Ukulele Jam</p> <p>No Festive with Deena</p>	<p>7:30 Pickleball ▲ 6</p> <p>8:00 Walking Group ●</p> <p>8:30 NOCE - Health & Wellness with Eunice</p> <p>11:00 Sr. Lunch with reservations</p> <p>12:30 NOCE - Fit & Healthy with Kenny</p> <p>1:00 NOCE - Food Preparations & Good Nutrition for Older Adults</p> <p>2:00 Grand Parent Day +</p> <p>No Movie Today No Health Enhancing Class</p>
<p>8:00 Walking Group 9</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>12:00 NOCE Books Come Alive for Older Adults</p> <p>12:30 Bingo ●</p> <p>12:30 Medicare 101 w/ Optum+</p> <p>1:00 Caring Companions</p> 	<p>7:30 Pickleball ▲ 10</p> <p>9:00 Hawaiian Dance Lessons ▲</p> <p>9:00 Tai Chi Chuan ●</p> <p>9:15 Beginning Tai Chi Chuan</p> <p>9:00 NOCE - Staying Mentally Sharp</p> <p>10:00 NOCE - Health & Wellness with Robin</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 ● 11</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 Peripheral Neuropathy Breakthrough</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE - Fit & Healthy with Kenny</p> <p>1:00 Museum & More: Cultural Excursions</p> <p>4:00 Birthday Karaoke with Optum</p>	<p>9:00 NOCE - Crocheting & Knitting 12</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>12:00 Korean Medicare +</p> <p>12:30 Creative Coloring</p> <p>1:00 Community Legal Aid Appointments</p> <p>1:30 Korean Dance ▲</p> <p>2:00 It's Your Money Workshop +</p> <p>4:00 Senior Drum Circle ●</p> <p>No Festive with Deena</p>	<p>7:30 Pickleball ▲ 13</p> <p>8:00 Walking Group ●</p> <p>8:30 NOCE - Health & Wellness with Eunice</p> <p>10:00 Korean Parkinson Support Group</p> <p>11:00 Grief Support Group</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 Friday Movie - "Yes Day"</p> <p>12:30 NOCE - Fit & Healthy with Kenny</p> <p>1:00 NOCE - Food Preparations & Good Nutrition for Older Adults</p> <p>4:30 Sound Bath (Hunt Branch Library) +</p>
<p>8:00 Walking Group ● 16</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 Medicare Counseling - HICAP (Korean)</p> <p>10:00 Ipad Training Class +</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:00 Table Tennis ▲</p> <p>12:00 NOCE Books Come Alive for Older Adults</p> <p>12:00 Medicare Counseling - HICAP (English)</p> <p>12:30 Bingo ●</p>	<p>7:30 Pickleball ▲ 17</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 - Health & Wellness with Robin</p> <p>10:30 Belly Dance Lesson</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:30 Korean Drumming ▲</p> <p>12:30 Loteria +</p> <p>6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 18</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 Your Hit Parade Trip</p> <p>9:00 Line Dance Alive ▲</p> <p>9:30 What's Bugging Your Plants +</p> <p>10:30 your Hit parade Trip</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE - Fit & Healthy with Kenny</p> <p>4:00 Karaoke! ●</p>	<p>9:00 NOCE - Crocheting & Knitting 19</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>12:00 Medicare 2025 w/ Humana +</p> <p>12:00 Festive Fitness w/ Deena</p> <p>12:30 Creative Coloring ●</p> <p>1:00 Senior Club Board Meeting</p> <p>1:30 Korean Dance ▲</p> <p>2:00 It's Your Money Workshop +</p> <p>4:00 Senior Ukulele Jam</p>	<p>7:30 Pickleball ▲</p> <p>8:00 Walking Group ●</p> <p>8:30 NOCE - Health & Wellness with Eunice</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:30 NOCE - Fit & Healthy with Kenny</p> <p>1:00 NOCE - Food Preparations & Good Nutrition for Older Adults</p> <p>2:30 Crafternoon - Spooky Step by Step Painting</p> <p>No Movie Today. </p>
<p>8:00 Walking Group ● 23</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>10:00 Mental Health Seminar</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:00 Table Tennis ▲</p> <p>12:00 NOCE Books Come Alive for Older Adults</p> <p>12:30 Bingo ●</p>	<p>7:30 Pickleball ▲ 24</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 - Health & Wellness with Robin</p> <p>10:30 Belly Dance Lesson ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:30 Korean Drumming ▲</p> <p>12:30 Bunco</p> <p>6:00 Tuesday Evening Dance ▲</p>	<p>8:00 Walking Group ● 25</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 Cooking for One Workshop +</p> <p>10:30 Chair Yoga ▲</p> <p>11:00 Sr. Lunch with Reservation</p> <p>12:00 Tea & Big Hats Social Party +</p> <p>12:30 NOCE - Fit & Healthy with Kenny</p> <p>4:00 Karaoke: Novelty week!</p>	<p>9:00 NOCE - Crocheting & Knitting 26</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>12:00 Festive Fitness w/ Deena ●</p> <p>12:30 Creative Coloring ●</p> <p>1:30 Korean Dance ▲</p> <p>2:00 It's Your Money Workshop +</p> <p>2:00 Fullerton Senior Follies +</p> <p>4:00 Senior Drum Circle</p>	<p>7:30 Pickleball ▲ 27</p> <p>8:00 Walking Group ●</p> <p>8:30 NOCE - Health & Wellness with Eunice</p> <p>9:00 Bulletin Collation</p> <p>10:00 Guide Dogs for the blind Presentation +</p> <p>11:00 Sr. Lunch with Reservation</p> <p>11:00 Grief Support Group</p> <p>12:30 Friday Movie - "Tall Girl"</p> <p>12:30 NOCE - Fit & Healthy with Kenny</p> <p>1:00 NOCE - Food Preparations & Good Nutrition for Older Adults</p> <p>4:30 Crafternoon - Spooky Step by Step Painting</p>
<p>Similar to September 23rd 30</p> <p>Exclude: Mental Health Seminar</p>	<p> September 2024 </p>		<p></p>	<p>● Sponsored by the Senior Club</p> <p>▲ Fee Based Classes</p> <p>+ Free Seminars & Workshops</p>

To register call (714) 738 - 6575

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