

NOVEMBER 2019

The weekly schedule shows the classes that happen every week at the center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
\$Aerobics 8:30am Chair Exercise 10am Yoga 10:30am Seminar 11am 12:30pm Mahjong 12:30pm Open Lab 1pm Senior Fitness 1:30pm Table Tennis 3:30pm Magic Needles 3-5pm	Walking Club 8am Table Tennis 8:30am Creative Needlepoint 9am \$Zumba Gold 9am Gary's Fitness Class 10:15am Tai Chi Chih 10:15am Bead Weaving 12pm Competitive Bridge 12:30pm Watercolor 1pm Tai Chi Ch'uan 1pm \$Strength and Balance 1:30pm \$MELT-Full Body 3pm Bead Weaving 6pm	Walking Club 8am Advanced Walking Club 8am \$Aerobics 8:30am Bridge Lessons 9am Party Bridge 9am Basic Chair Exercise 10am Yoga 10:30am Seminar 11am Wednesdays at the Movies 1pm \$Senior Bingo 1:30pm	Walking Club 8am Open Lab 8:30am \$Zumba Gold 9am Social Quilters 9am Gary's Fitness Class 10:15am Let's Talk Sports 10am \$Line Dancing 10:15am Mild Chair Exercise 11:15am Competitive Bridge 12pm Oil Painting 1pm Tai Chi Ch'uan 1pm \$Ballroom Dance 2:50pm	Table Tennis 8:30am \$Coffee and Computers 9am Longevity Stick Art 9am Tustin Quilting Cut-Ups 9am Blood Pressure Screening 9am Bocce Ball 9:30am Basic Chair Exercise 10am Art Club 12:30pm Pinochle & Canasta 12:30pm Movie Matinee 1pm Open Lab 1pm	Ping Pong 8am Walking Club 8am Open Lab 8am Let's Talk Sports 10am

Tustin Area Senior Center
 200 South "C" St.
 P.(714)573-3340; F.(714)544-7334

Mark Your Calendar

- Resource Fair—
Friday, November 1
- Veterans Day Luncheon—
Friday, November 8
- Senior Grocery Program—
Thursday, November 14
- Birthday Celebration —
Tuesday, November 26
- Thanksgiving Brunch—
Wednesday, November 27

—Closures—

- November 9
- November 11
- November 28, 29, 30

—Cancelations—

- Basic Chair Exercise 11/1
- Longevity Stick Art TBD
- Line Dance 11/7
- Basic Chair Exercise 11/27

Below are events or classes that only happen once a month

ACTIVITIES

Ballroom, Swing and Latin Dance – 2nd and 4th Wednesday – 7:30pm

Fit Body Fit Mind – 2nd and 4th Thursday – 1pm

Trek and Trail – Saturday Nov. 16 – 8:30am

Tech Time – 1st Tues. – 4pm

HUMAN SERVICES

CTAP – 1st Monday – 10:30am

HICAP – 1st and 3rd Thursday – 9:30am

Legal Assistance – 4th Tuesday – 9am

SPECIALTY EVENTS

Food Distribution – 3rd Tue – 1pm

SUPPORT GROUPS

Arthritis Support Group – 2nd Monday – 1pm

Alzheimer's Support Group – 4nd Monday 10am; 2nd Tuesday – 3:30pm

Spanish Speaking Support Group for Family Caregivers – 3rd Wednesday – 9:30am

Low Vision Support Group – 2nd Friday – 2:00pm

CLUBS

OC Button Club – 4th Wednesday – 10am

Tustana African Violet Society – 3rd Saturday – 10am

Red Hat Society "Tustin Red Hatters" – 2nd Thursday – 11am

OC Woodturners – 3rd Thursday – 6:30pm

OC Woodworkers – 1st Thursday – 7pm

Stamp Collectors Club – 1st Friday – 9am

TASC Garden Club – 1st Friday – 9:30am