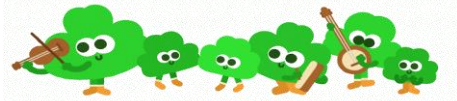




Senior Wellness Center March 2019 Activity Calendar



1	Friday
8:30 - 9:30	Table Tennis
9:30 - 11:30	Practical Daily English Rm111
12:00 - 12:30	Table Tennis
12:30 - 2:00	Ballroom Dance Rm 111

4	Monday	5	Tuesday	6	Wednesday	7	Thursday	8	Friday
8:30 - 9:30	Yuan Ji Dance	8:30 - 9:30	Table Tennis	8:30 - 9:00	Table Tennis	8:30 - 9:30	Table Tennis	8:30 - 9:30	Table Tennis
9:30 - 11:30	Practical Daily English Rm111	9:00 - 9:30	Morning Exercise	9:00 - 9:30	Gentle Stretching Exercise Rm111	9:00 - 9:30	Morning Exercise	9:30 - 11:30	Practical Daily English Rm111
		9:30 - 11:30	Practical Daily English Rm111	9:30 - 11:30	Practical Daily English Rm111	9:30 - 11:30	Practical Daily English Rm111	12:00 - 12:30	Table Tennis
		12:30 - 1:30	Wellness Line Dance Rm111	12:00 - 12:30	Table Tennis	10:00 - 11:30	Tai Chi (Jimmy)	12:30 - 2:00	Ballroom Dance Rm 111
				12:30 - 2:00	Ballroom Dance Rm 111	12:15 - 1:15	Karaoke Thursday Rm 111		
						1:15 - 3:30	Vocal Training Rm111		
11	Monday	12	Tuesday	13	Wednesday	14	Thursday	15	Friday
8:30 - 9:30	Yuan Ji Dance	8:30 - 9:30	Table Tennis	8:30 - 9:00	Table Tennis	8:30 - 9:30	Table Tennis	8:30 - 9:30	Table Tennis
9:30 - 11:30	Practical Daily English Rm111	9:00 - 9:30	Morning Exercise	9:00 - 9:30	Gentle Stretching Exercise Rm111	9:00 - 9:30	Morning Exercise	9:30 - 11:30	Practical Daily English Rm111
		9:30 - 11:30	Practical Daily English Rm111	9:30 - 11:30	Practical Daily English Rm111	9:30 - 11:30	Practical Daily English Rm111	12:00 - 12:30	Table Tennis
		12:30 - 1:30	Wellness Line Dance Rm111	12:00 - 12:30	Table Tennis	10:00 - 11:30	Tai Chi (Jimmy)	12:30 - 2:00	Ballroom Dance Rm 111
				12:30 - 2:00	Ballroom Dance Rm 111	12:15 - 1:15	Karaoke Thursday Rm 111		
						1:15 - 3:30	Vocal Training Rm111		
18	Monday	19	Tuesday	20	Wednesday	21	Thursday	22	Friday
8:30 - 9:30	Yuan Ji Dance	8:30 - 9:30	Table Tennis	8:30 - 9:00	Table Tennis	8:30 - 9:30	Table Tennis	8:30 - 9:30	Table Tennis
9:30 - 11:30	Practical Daily English Rm111	9:00 - 9:30	Morning Exercise	9:00 - 9:30	Gentle Stretching Exercise Rm111	9:00 - 9:30	Morning Exercise	9:30 - 11:30	Practical Daily English Rm111
		9:30 - 11:30	Practical Daily English Rm111	9:30 - 11:30	Practical Daily English Rm111	9:30 - 11:30	Practical Daily English Rm111	12:00 - 12:30	Table Tennis
		12:30 - 1:30	Wellness Line Dance Rm111	12:00 - 12:30	Table Tennis	10:00 - 11:30	Tai Chi (Jimmy)	12:30 - 2:00	Ballroom Dance Rm 111
				12:30 - 2:00	Ballroom Dance Rm 111	12:15 - 1:15	Karaoke Thursday Rm 111		
						1:15 - 3:30	Vocal Training Rm111		
25	Monday	26	Tuesday	27	Wednesday	28	Thursday	29	Friday
8:30 - 9:30	Yuan Ji Dance	8:30 - 9:30	Table Tennis	8:30 - 9:00	Table Tennis	8:30 - 9:30	Table Tennis	8:30 - 9:30	Table Tennis
9:30 - 11:30	Practical Daily English Rm111	9:00 - 9:30	Morning Exercise	9:00 - 9:30	Gentle Stretching Exercise Rm111	9:00 - 9:30	Morning Exercise	9:30 - 11:30	Practical Daily English Rm111
		9:30 - 11:30	Practical Daily English Rm111	9:30 - 11:30	Practical Daily English Rm111	9:30 - 11:30	Practical Daily English Rm111	12:00 - 12:30	Table Tennis
		12:30 - 1:30	Wellness Line Dance Rm111	12:00 - 12:30	Table Tennis	10:00 - 11:30	Tai Chi (Jimmy)	12:30 - 2:00	Ballroom Dance Rm 111
				12:30 - 2:00	Ballroom Dance Rm 111	12:15 - 1:15	Karaoke Thursday Rm 111		
						1:15 - 3:30	Vocal Training Rm111		

Moorpark Senior Wellness Center

Eunice Cheng 408-975-2730* 184 Ly Vo 408-975-2730* 116
Jasmine Zhong 408-975-2730* 177

* Fee may apply

AACI Senior Wellness Center: 2400 Moorpark Ave., Suite 111 San José, CA 95128