

星期一	星期二	星期三	星期四	星期五
2	3	4	5	6
9:30-11:30am 英文課	8:30-9:30am 乒乓 9:00-11:30am Better Choices, Better Health (BCBH) 9:30-11:30am 英文課 11:30-12:00pm 營養午餐 12:30-1:30pm Line Dance (烤魚)	8:30-9:00am 乒乓 9:00-9:30am 瑜珈 9:30-11:30am 英文課 11:30-12:00pm 營養午餐 12:30-2:00pm Social Dance (豬肉肉餅)	8:30-9:30am 乒乓 9:30-11:30am 英文課 10:00-11:30am 太極 11:30-12:00pm 營養午餐 12:15-1:30pm 唱歌 1:30-3:30pm Vocal Training (牛肉和甜椒)	8:30-9:30am 乒乓 9:30-11:30am 英文課 10:00-11:30am Technology Class for Mobile Devices with Cisco 11:30-12:00pm 營養午餐 12:30-2:00pm Social Dance (烤雞腿)
9	10	11	12	13
9:30-11:30am 英文課	8:30-9:30am 乒乓 9:00-11:30am Better Choices, Better Health (BCBH) 9:30-11:30am 英文課 11:30-12:00pm 營養午餐 12:30-1:30pm Line Dance (蒸豬肉)	8:30-9:00am 乒乓 9:00-9:30am 瑜珈 9:30-11:30am 英文課 11:30-12:00pm 營養午餐 12:30-2:00pm Social Dance (烤雞大腿)	8:30-9:30am 乒乓 9:30-11:30am 英文課 10:00-11:30am 太極 11:30-12:00pm 營養午餐 12:15-1:30pm 唱歌 1:30-3:30pm Vocal Training (烤豬排)	8:30-9:30am 乒乓 9:30-11:30am 英文課 10:00-11:30am Technology Class for Mobile Devices with Cisco 11:30-12:00pm 營養午餐 12:30-2:00pm Social Dance (烤火雞)
16	17	18	19	20
9:30-11:30am 英文課	8:30-9:30am 乒乓 9:00-11:30am Better Choices, Better Health (BCBH) 9:30-11:30am 英文課 11:30-12:00pm 營養午餐 12:30-1:30pm Line Dance (烤雞大腿)	8:30-9:00am 乒乓 9:00-9:30am 瑜珈 9:30-11:30am 英文課 11:30-12:00pm 營養午餐 12:30-2:00pm Social Dance (紅燒豬肉)	8:30-9:30am 乒乓 9:30-11:30am 英文課 10:00-11:30am 太極 11:30-12:00pm 營養午餐 12:15-1:30pm 唱歌 1:30-3:30pm Vocal Training (烤魚)	8:30-9:30am 乒乓 9:30-11:30am 英文課 11:30-12:00pm 營養午餐 12:30-2:00pm Social Dance (烤雞翅)
23	24	25	26	27
9:30-11:30am 英文課	8:30-9:30am 乒乓 9:00-11:30am Better Choices, Better Health (BCBH) 9:30-10:30am Rebuilding Together Silicon Valley (RTSV) 9:30-11:30am 英文課 11:30-12:00pm 營養午餐 12:30-1:30pm Line Dance (烤豬排)	8:30-9:00am 乒乓 9:00-9:30am 瑜珈 9:30-11:30am 英文課 11:30-12:00pm 營養午餐 12:30-2:00pm Social Dance (烤魚)	8:30-9:30am 乒乓 9:30-11:30am 英文課 10:00-11:30am 太極 11:30-12:00pm 營養午餐 12:15-1:30pm 唱歌 1:30-3:30pm Vocal Training (雞 Cacciatore)	8:30-9:30am 乒乓 9:00-12:00pm Health Insurance Counseling (by appointment) 9:30-11:30am 英文課 11:30-12:00pm 營養午餐 12:30-2:00pm Social Dance (烤排骨)
30	31			
9:30-11:30am 英文課	8:30-9:30am 乒乓 9:30-11:30am 英文課 11:30-12:00pm 營養午餐 12:30-1:30pm Line Dance (烤雞大腿)	Service Location 2400 Moorpark Ave #111 San Jose CA 95128 General Info (408) 975-2339 www.aaci.org		Senior Wellness Center Operation Hours Monday to Friday 8:30am-2:00pm Weekend & holidays closed
				Lunch Reservations from 8:30am-10:00am Please call to reserve at (408) 975-2374