

JULY



Peninsula Seniors Calendar

30928 Hawthorne Blvd., Rancho Palos Verdes, CA 90275

2010

Sun Mon Tue Wed Thu Fri Sat

Sc 1 1:30 "Writer's Group"

1

SC 10:00 Begin Muscle
SC 11:00 & 12:00
Muscle Strength
SC 1:30 & 2:45
Yoga and Balance

2

SC 10:00 Caregivers
Support
TR 4:30 Hollywood Bowl

3

7:30- 9:00 am "Coffee
& Cars" at the Peninsula
Shopping Center

4

**HAPPY
4TH OF
JULY**

5

**CLOSED FOR
THE HOLIDAY**

6

SC 10:00 Begin Muscle
SC 11:00 & 12:00
Muscle Strength
SC 1:30 "Writer's Group"

7

HP 10:30 Treasures

8

SC 10:00 Begin Muscle
SC 11:00 & 12:00
Muscle Strength
SC 1:30 & 2:45
Yoga and Balance

9

SC 12:15 Sack Lunch
with Karen
SC 1:00 Bingo

10

11

12

SC 10:00 Bridge
SC 1:30 & 2:45
Yoga and Balance

13

HP 8:45 AARP Driver Class
SC 10:00 Begin Muscle
SC 11:00 & 12:00
Muscle Strength
SC 1:30 "Writer's Group"

14

HP 10:30 Chinese American
Air Corps-1943
SC 12:30 Board Meeting

15

HP 8:45 AARP Driver Class
SC 10:00 Begin Muscle
SC 11:00 & 12:00
Muscle Strength
SC 12:00 Podiatrist
SC 1:30 & 2:45
Yoga and Balance

16

SC 10:00 Caregivers
Support
SC Movie: The Proposal

17

Call

18

19

SC 10:00 Bridge
SC 1:30 & 2:45
Yoga and Balance

20

SC 10:00 Certified Financial
Consultant
SC 10:00 Begin Muscle
SC 11:00 & 12:00
Muscle Strength
SC 1:30 "Writer's Group"

21

HP 10:30 Literacy Programs
SC 1:00 Newsletter Folding
SC 2:00 Attorney Consult

22

SC 10:00 Begin Muscle
SC 11:00 & 12:00
Muscle Strength
SC 1:30 & 2:45
Yoga and Balance

23

SC: 11:30 Social Worker
Consultation. Call for
Appt.
11:30 Let's Do Lunch.
Fu Yuan Low, Rolling Hills
Estates

24

25

26

SC 10:00 Bridge
SC 1:30 & 2:45
Yoga and Balance
TR 3:00 Pageant of the
Masters

27

SC 10:00 Begin Muscle
SC 11:00 & 12:00
Muscle Strength
SC 1:30 "Writer's Group"

28

HP 10:30 Madrona Marsh

29

SC 10:00 Begin Muscle
SC 11:00 & 12:00
Muscle Strength
SC 1:30 & 2:45
Yoga and Balance

30

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