

# AUGUST



## Peninsula Seniors Calendar

30928 Hawthorne Blvd., Rancho Palos Verdes, CA 90275  
Phone (310) 377-3003 FAX (310) 544-6147

# 2010

Sun Mon Tue Wed Thu Fri Sat

<b>1</b>	<b>2</b> SC 10:00 Bridge SC 1:30 Yoga and Balance	<b>3</b> SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 Writer's Group Sc 1 1:30 "Writer's Group"	<b>4</b> HP 10:30 Warner Grand Theatre	<b>5</b> SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 Yoga and Balance	<b>6</b> SC 10:00 Caregivers Support SC 1:00 Bingo	<b>7</b> 7:30- 9:00 am "Coffee & Cars" at the Peninsula Shopping Center
<b>8</b>	<b>9</b> SC 10:00 Bridge SC 1:30 Yoga and Balance	<b>10</b> HP 8:45 AARP Driver Class SC 10:00 Financial planning consult SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 Writer's Group	<b>11</b> HP 10:30 Offshore Oil Drilling SC 12:30 Board Meeting	<b>12</b> HP 8:45 AARP Driver Class SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 Yoga and Balance	<b>13</b> SC 12:00 Annual Barbeque	<b>14</b>
<b>15</b>	<b>16</b> SC 10:00 Bridge SC 1:30 Yoga and Balance	<b>17</b> SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 Writer's Group	<b>18</b> HP 10:30 New Edison Meters SC 1:00 Attorney Consult SC 1:00 Newsletter Folding	<b>19</b> SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 12:00 Podiatrist SC 1:30 Yoga and Balance	<b>20</b> SC 10:00 Caregivers Support SC 1:00 Movie: "The Queen"  Call	<b>21</b>
<b>22</b>	<b>23</b> SC 10:00 Bridge SC 1:30 Yoga and Balance	<b>24</b> SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 Writer's Group	<b>25</b> HP 10:30 Growing up black in Mississippi	<b>26</b> SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 Yoga and Balance	<b>27</b> SC: 11:30 Geriatric Care Consultation. Call Social Worker for Appt.	<b>28</b> TR 10:15 AM "Camelot" at Glendale Theatre
<b>29</b>	<b>30</b> SC 10:00 Bridge SC 1:30 Yoga and Balance	<b>31</b> SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 "Writer's Group"				