

MARCH



Peninsula Seniors Calendar

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Phone (310) 377-3003 FAX (310) 544-6147

2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|--|--|---|--|-----------|
| | 1 SC 10:00 Bridge SC 1:30 & 2:30 Yoga and Balance | 2 SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 "Writer's Group" | 3 SC 9:15 Spanish Resumes-\$40/8 weeks HP 10:30 Lecture: Avoid Drug Mishaps | 4 SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 & 2:30 Yoga and Balance | 5 SC 10:00 Caregivers Support SC 1:00 Bingo | 6 |
| 7 | 8 SC 10:00 Bridge SC 1:30 & 2:30 Yoga and Balance | 9 HP 8:45 AARP Driver Class SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 "Writer's Group" | 10 SC 9:15 Spanish HP 10:30 Lecture:Political Cartoons & Memorabilia SC 11:30 Executive Committee Meeting SC 12:30 Special Board Meeting | 11 HP 8:45 AARP Driver Class SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 & 2:30 Yoga and Balance | 12 No Caregivers | 13 |
| 14 | 15 SC 10:00 Bridge SC 1:30 & 2:30 Yoga and Balance | 16 SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 "Writer's Group" | 17 SC 9:15 Spanish HP Lecture: RPV Home- owners Associations SC 1:00 Newsltr. Fold. SC 2:00 Atty. Consult Saint Patrick's Day | 18 SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 12:00 Podiatrist SC 1:30 & 2:30 Yoga and Balance | 19 SC 10:00 Caregiver's Support SC 11:30 Soc. Worker Con- sultation-Call for Appt. SC 1:00 Movie: "Amelia" Norris: 6:30 Irish Cabaret | 20 |
| 21 | 22 SC 10:00 Bridge SC 1:30 & 2:30 Yoga and Balance | 23 SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 "Writer's Group" | 24 SC 9:15 Spanish HP 10:30 Lecture: Gene- alogy | 25 TR 10:00 Reagan Library SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 & 2:30 Yoga and Balance | 26 No Caregivers | 27 |
| 28 | 29 SC 10:00 Bridge SC 1:30 & 2:30 Yoga and Balance | 30 SC 10:00 Begin Muscle SC 11:00 & 12:00 Muscle Strength SC 1:30 "Writer's Group" | 31 SC 9:15 Spanish HP 10:30 Lecture: Earth- quake Preparedness | | | |