



Paso Robles Senior Center
270 Scott St.
Paso Robles, Ca 93446
805-238-3770
Monday-Friday 8AM-5PM

FRIDAY September 1		
8:30-9:30	Relaxation Yoga	L
10:00-11:00	E. Hatha Yoga w/ Nancy*	DS
10:00-11:00	Arthritis Exercise w/ Gladys	M
10:00-11:00	Grief Support Group	L
11:30-12:00	Meals That Connect	DR
12:30	MOVIE	L
1:00-4:00	PEDRO	DS
1:00-4:00	Hand and Foot	M
1:30-3:00	Scrabble	DR

MONDAY September 4	TUESDAY September 5	WEDNESDAY September 6	THURSDAY September 7	FRIDAY September 8
	9:00-10:00 Emeritus Yoga w/ Doris*	DS 8:30-9:30 Relaxation Yoga	L 9:00-10:00 Emeritus Yoga w/ Doris*	DS 8:30-9:30 Relaxation Yoga
	9:00-11:00 Vaccination Clinic (Flu+)	AO 10:00-11:00 E. Hatha Yoga w/ Nancy*	DS 9:00-12:00 Cribbage	DS 10:00-11:00 E. Hatha Yoga w/ Nancy*
	9:00-10:00 Flexercise	L 10:00-11:30 Poker	M 10:15-11:00 E. Chair Yoga w/Paula*	DS 10:00-11:00 Arthritis Exercise w/ Gladys
	10:00-11:00 Walking Group	O 10:00-11:00 Arthritis Exercise w/ Gladys	M 12:30-1:30 Meditation & Mindfulness	L 10:00-11:00 Grief Support Group
	10:15-11:00 E. Chair Yoga w/ Paula*	DS 11:30-12:00 Meals That Connect	DR 11:30-12:00 Meals That Connect	DR 11:30-12:00 Meals That Connect
	11:30-12:00 Meals That Connect	DR 12:00-1:00 Poker	M 12:00-4:00 Pinochle	M 1:00-4:00 PEDRO
	12:30-4:30 Duplicate Bridge	DR 12:30-4:00 Party Bridge	L 12:30-4:30 Duplicate Bridge	DR 1:00-4:00 Hand and Foot
	1:00-3:30 Mah Jongg	L 1:15-3:30 Slow & Social Mah Jongg	M 1:00-4:00 Classical Music Apprec.	DS 1:30-3:00 Scrabble
	1:00-3:00 Mah Jongg Instruction W/Chris	M 1:30-3:30 Bingo	DR 2:00-4:30 Knitting	
	3:30-4:30 Hand Held Devices* By Appt.	DS BUY YOUR BBQ TICKETS: FRONT DESK Lifetime members 2 free tickets		

MONDAY September 11	TUESDAY September 12	WEDNESDAY September 13	THURSDAY September 14	FRIDAY September 15
8:30-9:30 Relaxation Yoga	L 9:00-10:00 Emeritus Yoga w/ Doris*	DS 8:30-9:30 Relaxation Yoga	L 9:00-10:00 Emeritus Yoga w/ Doris*	DS 8:30-9:30 Relaxation Yoga
9:00-12:00 Cribbage	M 9:00-10:00 Flexercise	L 10:00-11:00 E. Hatha Yoga w/ Nancy*	DS 9:00-12:00 Cribbage	M 10:00-11:00 E. Hatha Yoga w/ Nancy*
10:00-10:30 Sr.Tai Chi for Balance	L 10:15-11:00 E. Chair Yoga w/Paula*	DS 10:00-11:30 Poker	M 10:00-11:00 County Transportation Meeting	L 10:00-11:00 Arthritis Exercise w/ Gladys
10:30-11:00 Balance and Strength	L 10:00-11:00 Food Bank Distribution	P 10:00-11:00 Arthritis Exercise w/ Gladys	L 10:15-11:00 E. Chair Yoga w/Paula*	DS 10:00-11:00 Grief Support Group
10:30-12:30 Emeritus Drawing*	O 10:00-11:00 Walking Group	O 11:30-12:00 Meals That Connect	DR 12:30-1:30 Meditation & Mindfulness	L 11:30-12:00 Meals That Connect
11:30-12:00 Meals That Connect	DR 11:30-12:00 Meals That Connect	DR 12:00-1:00 Poker	M 11:30-12:00 Meals That Connect	L 12:30 MOVIE
12:00-4:00 Pinochle	M 1:00-3:30 Mah Jongg	L 12:30-4:00 Party Bridge	L 12:00-4:00 Pinochle	M 1:00-4:00 PEDRO
12:30-4:30 Duplicate Bridge	DR 1:00-3:00 Mah Jongg Instruction W/Chris	M 1:15-3:30 Slow & Social Mah Jongg	M 12:30-4:30 Duplicate Bridge	DR 1:00-4:00 Canasta
1:00-4:00 E. Mixed Media w/ Page*	DS 3:30-4:30 Hand Held Devices* By Appt.	DR 1:30-3:30 Bingo	DR 1:00-4:00 Classical Music Apprec.	DS 1:30-3:00 Scrabble
1:30-2:30 Sr. Advisory Council	L	V	2:00-4:30 Knitting By Appt. HICAP	L

MONDAY September 18	TUESDAY September 19	WEDNESDAY September 20	THURSDAY September 21	FRIDAY September 22
8:30-9:30 Relaxation Yoga	L 9:00-10:00 Emeritus Yoga w/ Doris*	DS 8:30-9:30 Relaxation Yoga	L 9:00-10:00 Emeritus Yoga w/ Doris*	DS 8:30-9:30 Relaxation Yoga
9:00-12:00 Cribbage	M 9:00-10:00 Flexercise	L 10:00-11:00 E. Hatha Yoga w/ Nancy*	DS 9:00-12:00 Cribbage	M 10:00-11:00 E. Hatha Yoga w/ Nancy*
10:00-10:30 Sr.Tai Chi for Balance	L 10:15-11:00 E. Chair Yoga w/Paula*	DS 10:00-11:30 Poker	M 9:30-11:00 Brain Aerobics	L 10:00-11:00 Arthritis Exercise w/ Gladys
10:30-11:00 Balance and Strength	L 10:00-11:00 Walking Group	O 10:00-11:00 Arthritis Exercise w/ Gladys	L 10:15-11:00 E. Chair Yoga w/Paula*	DS 11:00-3:00 Almond Cty. Quilters
10:30-12:30 Emeritus Drawing*	DS 11:30-12:00 Meals That Connect	DR 11:30-12:00 Meals That Connect	DR 12:30-1:30 Meditation & Mindfulness	L 10:00-11:00 Grief Support Group
11:30-12:00 Meals That Connect	DR 1:00-3:30 Mah Jongg	L 12:00-1:00 Poker	M 11:30-12:00 Meals That Connect	DR 11:30-12:00 Meals That Connect
12:00-4:00 Pinochle	M 1:00-3:00 Mah Jongg Instruction W/Chris	M 12:30-4:00 Party Bridge	L 12:00-4:00 Pinochle	M 1:00-4:00 PEDRO
12:30-4:30 Duplicate Bridge	DR 3:30-4:30 Hand Held Devices* By Appt.	DR 1:30-3:30 Bingo	DR 12:30-4:30 Duplicate Bridge	DR 1:00-4:00 Hand and Foot
1:00-4:00 E. Mixed Media w/ Page*	DS	V	M 1:00-4:00 Classical Music Apprec.	DS 1:30-3:00 Scrabble
Sign ups for Craff Fair begins at the front desk			2:00-4:30 Knitting	

MONDAY September 25	TUESDAY September 26	WEDNESDAY September 27	THURSDAY September 28	FRIDAY September 29
8:30-9:30 Relaxation Yoga	L 9:00-10:00 Emeritus Yoga w/ Doris*	DS 8:30-9:30 Relaxation Yoga	L 9:00-10:00 Emeritus Yoga w/ Doris*	DS 8:30-9:30 Relaxation Yoga
9:00-12:00 Cribbage	M 9:00-10:00 Flexercise	L 10:00-11:00 E. Hatha Yoga w/ Nancy*	DS 9:00-12:00 Cribbage	M 10:00-11:00 E. Hatha Yoga w/ Nancy*
10:00-10:30 Sr.Tai Chi for Balance	L 10:15-11:00 E. Chair Yoga w/Paula*	DS 10:00-11:30 Poker	M 10:15-11:00 E. Chair Yoga w/Paula*	DS 10:00-11:00 Arthritis Exercise w/ Gladys
10:30-11:00 Balance and Strength	L 10:00-11:00 Food Bank Distribution	P 10:00-11:00 Arthritis Exercise w/ Gladys	L 12:30-1:30 Meditation & Mindfulness	L 10:00-11:00 Grief Support Group
10:30-12:30 Emeritus Drawing*	O 10:00-11:00 Walking Group	O 11:30-12:00 Meals That Connect	DR 11:30-12:00 Meals That Connect	DR 11:30-12:00 Meals That Connect
11:30-12:00 Meals That Connect	DR 11:30-12:00 Meals That Connect	DR 12:00-1:00 Poker	M 12:00-4:00 Pinochle	M 1:00-2:00 Sisters in Crime Book Club
12:00-4:00 Pinochle	M 1:00-3:30 Mah Jongg	L 12:30-4:00 Party Bridge	L 12:30-4:30 Duplicate Bridge	DR 1:00-4:00 PEDRO
12:30-4:30 Duplicate Bridge	DR 1:00-3:00 Mah Jongg Instruction W/Chris	M 1:15-3:30 Slow & Social Mah Jongg	M 1:00-4:00 Classical Music Apprec.**	DS 1:00-4:00 Hand and Foot
1:00-3:00 BUNCO**	DS 3:30-4:30 Hand Held Devices* By Appt.	DR 1:30-3:30 Bingo	DR 2:00-4:30 Knitting	L 1:30-3:00 Scrabble
1:00-4:00 E. Mixed Media w/ Page*	L	V		

****Call to reserve spot for BUNCO**
 *Register for Cuesta Emeritus Classes at the Front Desk
 **No Classical Music Oct. 5
 Classical Music returns October 13
New to Grief Support: call Scott 458-6906 before attending