



IMPERIAL BEACH SENIOR CENTER



MAY 2019

SCHEDULE OF

CLASSES / ACTIVITIES

Monday	T	Wednesday	Thursday	Friday	Sat
		1 8:30 Stretch & Flex 8:30 Sewing/Quilting	2 Cards/Dominos 8:30 TAI CHI	3 8:30 Bridge 8:30 Stretch & Flex 10:00 Sr. Club B-Days 11:00 Yoga 12:00 Poker	4
6 8:30 Stretch & Flex 9:00 Acrylic Painting Class 10:00 Crafts	7 8:30 TAI CHI TOSTADA DAY	8 8:30 Stretch & Flex 8:30 Sewing/Quilting	9 Cards/Dominos 8:30 TAI CHI	10 8:30 Bridge 8:30 Stretch & Flex 10:00 Sr. Club Speaker 11:00 Yoga 12:00 Poker	11
13 8:30 Stretch & Flex 9:00 Acrylic Painting Class 10:00 Crafts	14 Cards/Dominos 8:30 TAI CHI	15 8:30 Stretch & Flex 8:30 Sewing/Quilting	16 8:30 TAI CHI BREAKFAST BINGO	17 8:30 Bridge 8:30 Stretch & Flex 10:00 Sr. Club Bingo 11:00 Yoga 12:00 Poker	18
20 8:30 Stretch & Flex 9:00 Acrylic Painting Class 10:00 Crafts	21 Cards/Dominos 8:30 TAI CHI	22 8:30 Stretch & Flex 8:30 Sewing/Quilting LUNCH AT THE SCOREBOARD	23 Cards/Dominos 8:30 TAI CHI	24 8:30 Bridge 8:30 Stretch & Flex 10:00 Sr. Club Potluck 11:00 Yoga 12:00 Poker	25
27 SENIOR CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY	28 Cards/Dominos 8:30 TAI CHI	29 8:30 Stretch & Flex 8:30 Sewing/Quilting	30 8:30 TAI CHI BARBECUE	31 8:30 Bridge 8:30 Stretch & Flex 10:00 Sr. Club 11:00 Yoga 12:00 Poker	

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1075 8th Street (619) 424-7077
Program Coordinator: Joanne Norden
HOURS: Mon 8-12; Tues 9-12; Wed 8-12;
Thurs 9-12 and Fri 8-2PM
WEBSITE: www.imperialbeachca.gov

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