







LOCATION OF CLASS:

-  Pool
  -  Patio
  -  Community Room
  -  Conference Room
  -  Gym
  -  Library
- \*BCL = Basics Community Impact programs

# SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Open Swim   12-3 p.m.	2. Gym for Me   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Gym   3:30 p.m.	3. Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. Senior Men's Bball   10:30 a.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   3:45 p.m. BCL: Dame Tu Mamo   6 p.m. Boys & Girls Club Bball   6:30 p.m.	4. Gym for Me   9 a.m. Splash with Me   10 a.m. Book Club   10:30 a.m.	5. Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. CaliWalk - 1 hour   12 p.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   3:45 p.m. BCL: Dame Tu Mamo   6 p.m. Boys & Girls Club Bball   6:30 p.m.	6. Walk & Talk   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Swim   5-7 p.m.	7. Sunrise Yoga   8 a.m. BCL: Dame Tu Mamo   9 a.m.
8. Open Swim   12-3 p.m.	9. Gym for Me   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Gym   3:30 p.m.	10. Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. Senior Men's Bball   10:30 a.m. Blood Pressure Screen   11 a.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   3:45 p.m. BCL: Dame Tu Mamo   6 p.m. Boys & Girls Club Bball   6:30 p.m.	11. Gym for Me   9 a.m. Splash with Me   10 a.m. Book Club   10:30 a.m. BCL: 8 Dimensions of Well-being, Environmental   TBD	12. Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. CaliWalk - 1 hour   12 p.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   3:45 p.m. BCL: Dame Tu Mamo   6 p.m. Boys & Girls Club Bball   6:30 p.m.	13. Walk & Talk   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Swim   5-7 p.m.	14. Sunrise Yoga   8 a.m. BCL: Dame Tu Mamo   9 a.m.
15. Open Swim   12-3 p.m.	16. Gym for Me   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Gym   3:30 p.m.	17. Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. Senior Men's Bball   10:30 a.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   3:45 p.m. BCL: Dame Tu Mamo   6 p.m. Boys & Girls Club Bball   6:30 p.m.	18. Gym for Me   9 a.m. Splash with Me   10 a.m. Book Club   10:30 a.m. BCL: Adult Overdose Lifeline - Opioids   6 p.m.	19. Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. BCL: Polity Training   11 a.m. CaliWalk - 1 hour   12 p.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   3:45 p.m. BCL: Dame Tu Mamo   6 p.m. Boys & Girls Club Bball   6:30 p.m.	20. Walk & Talk   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Swim   5-7 p.m.	21. Sunrise Yoga   8 a.m. BCL: Dame Tu Mamo   9 a.m.
22. Open Swim   12-3 p.m.	23. Gym for Me   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Gym   3:30 p.m.	24. Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. Senior Men's Bball   10:30 a.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   3:45 p.m. BCL: Dame Tu Mamo   6 p.m. Boys & Girls Club Bball   6:30 p.m.	25. Gym for Me   9 a.m. Splash with Me   10 a.m. Book Club   10:30 a.m. BCL: 8 Dimensions of Well-being, Financial   TBD	26. Senior Pep Fitness   9:30 a.m. Splash with Me   10 a.m. BCL: Early Childhood   11 a.m. CaliWalk - 1 hour   12 p.m. Pickle Ball   12 p.m. Board & Card Games   12:30 p.m. Yoga - 30 min   3:45 p.m. BCL: Dame Tu Mamo   6 p.m. Boys & Girls Club Bball   6:30 p.m.	27. Walk & Talk   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Swim   5-7 p.m.	28. Sunrise Yoga   8 a.m. BCL: Dame Tu Mamo   9 a.m.
29. Open Swim   12-3 p.m.	30. Gym for Me   9 a.m. Splash with Me   10 a.m. Board & Card Games   12:30 p.m. Open Gym   3:30 p.m.					