



# Grant Calendar of Events

Open every Wednesday 10:00 am—2:00 pm

1575 Holt Avenue, Los Altos, CA 94024

\*Schedule subject to change\*

## May Happenings

### May 4

- 10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
- 10:15 Stretch with Eleanor
- 10:45 Chair workout with Nora
- 11:30 English Lessons with Galen
- 11:30 (bring lunch)
- 12:00 Parks & Recreation Commission  
Speaker: Kim Carlson, MD, MPH
- 1:00 Zumba Gold Dance Party with Nora
- 1:00 Current Events

### May 11

- 10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
- 10:15 Stretch with Eleanor
- 10:45 Chair workout with Nora
- 11:30 English Lessons with Galen
- 11:30 (bring lunch)
- 1:00 Book Club with Betsy
- 1:00 Zumba Gold Dance Party with Nora

### May 18

- 10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
- 10:15 Stretch with Eleanor
- 10:45 Chair workout with Nora
- 11:30 English Lessons with Galen
- 11:30 (bring lunch)
- 12:00 Speaker: Joe Eyre, Exec. Director, LACF
- 1:00 Zumba Gold Dance Party with Nora
- 1:00 Men's Group
- 6:00-9:00 Personal Emergency Preparedness(PEP)

### May 25

- 10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
- 10:15 Stretch with Eleanor
- 10:45 Chair workout with Nora
- 11:30 English Lessons with Galen
- 11:30 (bring lunch)
- 1:00 Garden Club
- 1:00 Zumba Gold Dance Party with Nora

## June Happenings

### June 1

- 10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
- 10:15 Stretch with Eleanor
- 10:45 Chair workout with Nora
- 11:30 English Lessons with Galen
- 11:30 (bring lunch)
- 1:00 Zumba Gold Dance Party with Nora
- 1:00 Current Events

### June 8

- 10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
- 10:15 Stretch with Eleanor
- 10:45 Chair workout with Nora
- 11:30 English Lessons with Galen
- 11:30 (bring lunch)
- 1:00 Book Club with Betsy
- 1:00 Meditation
- 1:00 Zumba Gold Dance Party with Nora

### June 15

- 10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
- 10:15 Stretch with Eleanor
- 10:45 Chair workout with Nora
- 11:30 English Lessons with Galen
- 11:30 (bring lunch)
- 12:00 Speaker: Memory Techniques
- 1:00 Zumba Gold Dance Party with Nora
- 1:00 Men's Group

### June 22

- 10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
- 10:15 Stretch with Eleanor
- 10:45 Chair workout with Nora
- 11:30 English Lessons with Galen
- 11:30 (bring lunch)
- 1:00 Garden Club
- 1:00 Zumba Gold Dance Party with Nora
- 1:00 Meditation

### June 29

- 10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
- 10:15 Stretch with Eleanor
- 10:45 Chair workout with Nora
- 11:30 English Lessons with Galen
- 11:30 (bring lunch)
- 1:00 Zumba Gold Dance Party with Nora



BLAZE A TRAIL: MAY 2016