

OCTOBER ACTIVITIES

At the Lemon Grove Senior Center

8235 Mt. Vernon St., Lemon Grove 91945 - Ph: 619-337-1425

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Feeling Fit Classes</u> Mon. & Wed. 8:30am – 9:45am 9:45am – 11:00am Classes are FREE for seniors FOR EXERCISE CLASSES: Sign up with the teacher for each class</p>	<p>1</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p>	<p>2</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch</p>	<p>3</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p>	<p>4</p> <p>11:30 Lunch 12:00 Bingo</p>
<p>7</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo</p>	<p>8</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:15 Lunch 12:00 FREE MOVIE MATINEE: "Believe"</p>	<p>9</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch</p>	<p>10</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p>	<p>11</p> <p>10:30 Octoberfest Celebration w/ Special Entertainment by: "Melodians"</p> <p>11:45 Lunch 12:15 Bingo</p>
<p>14</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo</p> <p>Columbus Day</p>	<p>15</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p>	<p>16</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch</p>	<p>17</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p>	<p>18</p> <p>10:15 Celebrate October Birthdays w/ Music by "Sophisticats"</p> <p>11:30 Lunch 12:00 Bingo</p>
<p>21</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo</p>	<p>22</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p>	<p>23</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch</p>	<p>24</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p>	<p>25</p> <p>11:30 Lunch 12:00 Bingo</p>
<p>28</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch 12:00 Bingo</p>	<p>29</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p>	<p>30</p> <p>8:30 Feeling Fit 9:45 Feeling Fit 11:30 Lunch</p>	<p>31</p> <p>8:30 Aerobics 10:15 Hatha Yoga 11:30 Lunch</p> <p>HALLOWEEN</p>	<p><u>Hatha Yoga Classes</u> are all \$ 3.00 per class in 4-week sessions.</p> <p><u>Aerobic Fitness Class</u> \$ 40.00 Fee per Semester</p>