



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3 AOA Board Games 12:00-1:30PM
6 AOA Coffee & Board Games 11:30-1:00PM	7 Ping Pong (Adv.) 9:30-10:30AM	8 Sing-Along 1st Wed of every month 11:30-12:30PM	9 Ping Pong (Int.) 10:00-11:00AM Ping Pong (Beginner) 11:00-12:00PM	10 AOA Board Games 12:00-1:30PM
13 AOA Coffee & Board Games 11:30-1:00PM	14 Ping Pong (Adv.) 9:30-10:30AM	15 AOA Board Games 11:30-1:00PM	16 Ping Pong (Int.) 10:00-11:00AM Ping Pong (Beginner) 11:00-12:00PM	17 AOA Board Games 12:00-1:30PM
20 AOA Coffee & Board Games 11:30-1:00PM	21 Ping Pong (Adv.) 9:30-10:30AM	22 AOA Board Games 11:30-1:00PM	23 Ping Pong (Int.) 10:00-11:00AM Ping Pong (Beginner) 11:00-12:00PM	24 AOA Board Games & Birthday Celebrations 12:00-1:30PM
27 AOA Coffee & Board Games 11:30-1:00PM	28 Ping Pong (Adv.) 9:30-10:30AM	29 AOA Board Games 11:30-1:00PM	30 Ping Pong (Int.) 10:00-11:00AM Ping Pong (Beginner) 11:00-12:00PM	31 AOA Board Games 12:00-1:30PM

All activities take place in the Senior Center (2nd Floor) unless otherwise noted.
For more information, contact: Matthew Takahashi | matthew@ymcasm.org | 310 393-2721 ext 116