



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVE OLDER ADULTS

## February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>AOA Coffee &amp; Board Games</b> 11:30-1:00PM	4 <b>Ping Pong (Adv.)</b> 9:30-10:30AM	5 <b>Sing-Along</b> 1st Wed of every month 11:30-12:30PM	6 <b>Ping Pong (Int.)</b> 10:00-11:00AM  <b>Ping Pong (Beginner)</b> 11:00-12:00PM	7 <b>AOA Board Games</b> 12:00-1:30PM
10 <b>Understanding Alzheimer's and Dementia</b> 11:30-1:00PM	11 <b>Ping Pong (Adv.)</b> 9:30-10:30AM	12 <b>AOA Board Games</b> 11:30-1:00PM	13 <b>Ping Pong (Int.)</b> 10:00-11:00AM  <b>Ping Pong (Beg)</b> 11:00-12:00PM  <b>Pal-entine Potluck</b> 11:45-1:00PM	14 <b>AOA Board Games</b> 12:00-1:30PM
17 <b>AOA Coffee &amp; Board Games</b> 11:30-1:00PM	18 <b>Ping Pong (Adv.)</b> 9:30-10:30AM	19 <b>AOA Board Games</b> 11:30-1:00PM	20 <b>Ping Pong (Int.)</b> 10:00-11:00AM  <b>Ping Pong (Beginner)</b> 11:00-12:00PM	21 <b>AOA Board Games</b> 12:00-1:30PM
24 <b>AOA Coffee &amp; Board Games</b> 11:30-1:00PM	25 <b>Ping Pong (Adv.)</b> 9:30-10:30AM	26 <b>AOA Board Games</b> 11:30-1:00PM	27 <b>Ping Pong (Int.)</b> 10:00-11:00AM  <b>Ping Pong (Beginner)</b> 11:00-12:00PM	28 <b>AOA Board Games &amp; Birthday Celebrations</b> 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](mailto:matthew@ymcasm.org) | 310 393-2721 ext 116