



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	2 Fall Prevention-A Safe Way Forward presented by Greg Jones of Cedars Sinai 12:00-1:00PM
5 California Wildfires Bridge Financial Assistance Clinic 9:00-5:00PM	6 Red Cross Blood Drive 10:00-4:00PM Ping Pong (Adv.) 9:30-10:30AM	7 Sing-Along 1st Wed of every month 11:30-12:30PM	8 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	9 Disaster Preparation-Expect the Unexpected presented by Greg Jones of Cedars Sinai 12:00-1:00PM
12 Blood Pressure & Glucose Screenings 9:00-1:00PM Healthy Living for Your Brain & Body presented by the Alzheimer's Association 11:30-1:00PM	13 Ping Pong (Adv.) 9:30-10:30AM	14 FEAST Nutrition Class Orientation presented by Providence St John's Health Center 4:30-5:30PM	15 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	16 AOA Board Games 12:00-1:30PM
19 Emergency Preparedness Workshop presented by WISE & Healthy Aging 11:30-1:00PM	20 Ping Pong (Adv.) 9:30-10:30AM	21 Disaster Ready Workshop 11:30-12:30PM FEAST Nutrition 4:30-5:30PM	22 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	23 AOA Board Games 12:00-1:30PM
26 YMCA Closure for Memorial Day	27 Ping Pong (Adv.) 9:30-10:30AM	28 FEAST Nutrition 4:30-5:30PM	29 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	30 AOA Board Games & Birthday Celebrations 12:00-1:30PM

Red Cross California Wildfires Bridge Financial Assistance Clinic runs from May 5th-10th & 12-13th
For more information, contact: Matthew Takahashi | matthew@ymcasm.org | 310 393-2721 ext 116