



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS

October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sing-Along with Shirley 11:30-12:30PM	2 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	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 Cramer Lab Research Study 10:30-4:00PM Arts & Crafts Club 11:30-1:00PM	8 Cramer Lab Research Study 10:30-4:00PM Santa Monica Public Library Older Adult Focus Group 2:00-3:30PM	9 Cramer Lab Research Study 10:30-4:00PM	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 Arts & Crafts Club 11:30-1:00PM	15 AOA Coffee & Board Games 11:30-1:00PM	16 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	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 Arts & Crafts Club 11:30-1:00PM	22 AOA Coffee & Board Games 11:30-1:00PM	23 Road Runners Sports Footwear Workshop 10:00-12:00PM	24 AOA Board Games 12:00-1:30PM
27 AOA Halloween Potluck 11:30-1:00PM	28 Ping Pong (Adv.) 9:30-10:30AM Elder Financial Exploitation: Impact on Emotional Wellbeing 11:30-1:00PM	29 AOA Coffee & Board Games 11:30-1:00PM Caregiver's Night Out 4:00-6:00PM	30 Ping Pong (Int.) 9:30-10:30AM Ping Pong (Beginner) 10:30-11:30AM	31 Halloween Spooktacular 5:30-7:00PM

Thanks to Co-opportunity Market & Shake Shack for sponsoring our events



For more information, contact: Matthew Takahashi | matthew@ymcasm.org | 310 393-2721 ext 116