



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS

October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Ping Pong (Adv.) 9:30-10:30am	2 Sing-A-Long 1st Wed of every month 11:30 - 12:30pm FEAST Nutrition Class 11:30-1:00pm	3 Ping Pong (Int.) 10:00-11:00am PNI Brain Book Club 10:00 - 11:00am Ping Pong (Beginner) 11:00-12:00pm	4 AOA Board Games 12:00-1:30pm
7 Santa Monica Family YMCA Healthy Aging Fair 11:30-1:30pm	8 Ping Pong (Adv.) 9:30-10:30am	9 AOA Board Games 11:30-1:00pm FEAST Nutrition Class 11:30-1:00pm	10 Ping Pong (Int.) 10:00-11:00am PNI Brain Book Club 10:00 - 11:00am Ping Pong (Beginner) 11:00-12:00pm	11 AOA Board Games 12:00-1:30pm
14 Understanding Alzheimer's & Dementia Presentation 11:30-1:30pm	15 Ping Pong (Adv.) 9:30-10:30am	16 AOA Board Games 11:30-1:00pm FEAST Nutrition Class 11:30-1:00pm	17 Ping Pong (Int.) 10:00-11:00am PNI Brain Book Club 10:00 - 11:00am Ping Pong (Beginner) 11:00-12:00pm	18 AOA Board Games 12:00-1:30pm
21 UCLA Student Stroke Force What You Need to Know About Strokes Presentation 11:30-1:30pm	22 Ping Pong (Adv.) 9:30-10:30am	23 AOA Board Games 11:30-1:00pm FEAST Nutrition Class 11:30-1:00pm	24 Ping Pong (Int.) 10:00-11:00am PNI Brain Book Club 10:00 - 11:00am Ping Pong (Beginner) 11:00-12:00pm	25 AOA Board Games & Birthday Celebrations 12:00-1:30pm
28 Coffee and Board Games 11:30-1:00pm	29 Ping Pong (Adv.) 9:30-10:30am	30 AOA Board Games 11:30-1:00pm FEAST Nutrition Class 11:30-1:00pm	31 AOA Halloween Potluck 11:30-1:00pm	

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