



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 AOA Board Games 12:00-1:30pm
4 AOA Oral & Dental Health Presentation presented by Pacific View Smile Center 11:30-1:00pm	5 Ping Pong (Adv.) 9:30-10:30am	6 Sing-A-Long 1st Wed of every month 11:30 - 12:30pm FEAST Nutrition Class 11:30-1:00pm	7 Ping Pong (Int.) 10:00-11:00am Ping Pong (Beginner) 11:00-12:00pm	8 AOA Board Games 12:00-1:30pm
11 10 Warning Signs for Alzheimer's Presentation presented by The Alzheimer's Association 11:30-1:30pm	12 Ping Pong (Adv.) 9:30-10:30am	13 AOA Board Games 11:30-1:00pm FEAST Nutrition Class 11:30-1:00pm	14 Ping Pong (Int.) 10:00-11:00am Ping Pong (Beginner) 11:00-12:00pm	15 AOA Board Games 12:00-1:30pm
18 Create Joy & Reduce Holiday Stress Presentation presented by Marianne Hunt LCSW 11:30-1:30pm	19 Ping Pong (Adv.) 9:30-10:30am	20 AOA Board Games 11:30-1:00pm FEAST Nutrition Class 11:30-1:00pm	21 Ping Pong (Int.) 10:00-11:00am Ping Pong (Beginner) 11:00-12:00pm AOA Friendsgiving Potluck 11:30-1:00pm	22 AOA Board Games & Birthday Celebrations 12:00-1:30pm
25 Healthy Living Nutrition Presentation presented by Westside Family Health Center 11:30-1:30pm	26 Ping Pong (Adv.) 9:30-10:30am	27 AOA Board Games 11:30-1:00pm	28 THANKSGIVING FACILITY CLOSED	29 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