



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Ping Pong (Int.) 9:30-10:30AM (Community Room) Ping Pong (Beginner) 10:30-11:30AM (Community Room)	2 AOA Board Games 12:00-1:30PM (Intergenerational Center)
5 AOA Coffee & Board Games 11:30-1:00PM (Intergenerational Center)	6 Ping Pong (Adv.) 9:30-10:30AM (Community Room)	7 Sing-Along w/Shirley 11:30-12:30PM (Studio 3) Mah Jongg Club 11:45-1:00PM (Intergenerational Center)	8 AOA Townhall Meeting 11:30-1:00PM (Intergenerational Center)	9 AOA Board Games 12:00-1:30PM (Intergenerational Center)
12 "Intro to Chatting w/AI" Presentation 11:30-1:00PM (Studio 3) 1-on-1 Digital Coaching 1:00-4:00PM (Studio 3)	13 Ping Pong (Adv.) 9:30-10:30AM (Community Room)	14 Mah Jongg Club 11:45-1:00PM (Intergenerational Center)	15 Ping Pong (Int.) 9:30-10:30AM (Community Room) Ping Pong (Beginner) 10:30-11:30AM (Community Room)	16 AOA Board Games 12:00-1:30PM (Intergenerational Center)
19 Community Circle: A Discussion on Aging 11:30-1:00PM (Intergenerational Center)	20 Ping Pong (Adv.) 9:30-10:30AM (Community Room)	21 Mah Jongg Club 11:45-1:00PM (Intergenerational Center)	22 Ping Pong (Int.) 9:30-10:30AM (Community Room) Ping Pong (Beginner) 10:30-11:30AM (Community Room) AOA Little Tokyo Field Trip w/Metro 10:00-2:00 PM	23 AOA Board Games 12:00-1:30PM (Intergenerational Center)
26 AOA Coffee & Board Games 11:30-1:00PM (Intergenerational Center)	27 Ping Pong (Adv.) 9:30-10:30AM (Community Room) Halloween Potluck 9:30-10:30AM (Community Room)	28 Mah Jongg Club 11:45-1:00PM (Intergenerational Center)	29 Ping Pong (Int.) 9:30-10:30AM (Community Room) Ping Pong (Beginner) 10:30-11:30AM (Community Room) AOA Walking Club 4:00-5:30PM (Intergenerational Center)	30 AOA Board Games 12:00-1:30PM (Intergenerational Center)

For more information, contact: Matthew Takahashi, Active Older Adult Program Coordinator
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