MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00-10:00 YOGA—WITH JEFFREY BRIAR S1 9:00–11:30 LIVING HEALTHY WITH ONGOING HEALTH CONDITIONS LR 9:00-12:00 OPEN GAME TIME GR 10:15-11:15 PILATES IVC$ S1 11:30-1:00 YOGA IVC$ S1 11:30-12:30 LUNCH MPR 12:00-1:00 NURSE APPOINTMENTS CO 12:00-3:00 CHICAGO BRIDGE GR 12:30-3:00 MONDAY MOVIE LR 12:30-3:00 PING PONG MPR 2:00-3:00 BALLROOM DANCING S1	**4** 9:00-10:30 INTRO TO PC'S COMPUTER CLASS IVC$ CL 10:00-11:30 CURRENT EVENTS DISCUSSION LR 10:30-12:00 INTRO TO INTERNET/EMAIL COMPUTER CLASS IVC$ CL 11:30-12:30 LUNCH MPR 12:30-3:30 ARTISTS' SALON CS$ AS 1:00-2:30 LEGAL AII WR	5 9:00-12:00 OPEN GAME TIME GR 10:00-12:00 FREE COMPUTER ASSISTANCE CL 10:15-11:15 PILATES IVC$ S1 11:30-1:00 YOGA IVC$ S1 11:30-12:30 LUNCH MPR 12:00-1:30 ALZHEIMERS CAREGIVER SUPPORT GROUP LR 12:30-4:30 MAHJONGG GR 12:30-3:00 PING PONG MPR 1:00-2:00 PAIN FREE BODY $ S1	6 9:00-10:20 DAYAN QIGONG IVC$ S2 9:00-11:00 BASIC COMPUTER ASSISTANCE-PHOTOS$ CL 10:00-12:00 TABLE TOP TREASURES LOBBY 10:30-11:30 BINGO SPONSORED BY ARISTOCARE GR 11:30-12:30 LUNCH MPR 12:00-3:00 CREATIVE WRITING IVC$ LR 12:30-1:30 FREE CLEANING HEARING AID WR 1:00-3:00 BASIC COMPUTER ASSISTANCE-PHOTOS$ CL 3:00-5:00 BOOKCLUB LI	7 9:00-12:00 OPEN GAME TIME GR 10:00-11:30 CURRENT EVENTS DISCUSSION LR 10:15-11:15 PILATES IVC$ S1 11:30-1:00 YOGA IVC$ S1 11:30-12:30 LUNCH MPR 12:30-3:00 ARTISTS' SALON CS$ AS 12:30-3:00 PING PONG MPR 1:00-2:30 GENEALOGY #1 CR 1:00-2:00 PAIN FREE BODY $ S2
10 9:00-10:00 YOGA—WITH JEFFREY BRIAR S1 9:00–11:30 LIVING HEALTHY WITH ONGOING HEALTH CONDITIONS LR 9:00-12:00 OPEN GAME TIME GR 10:00-11:00 COFFEE TALK SUPPORT GROUP LI 11:30-12:30 LUNCH MPR 12:00-1:00 NURSE APPOINTMENTS CO 12:00-3:00 CHICAGO BRIDGE GR 12:30-3:00 MOVIE AND POPCORN LR 12:30-3:00 PING PONG MPR 2:00-3:00 BALLROOM DANCING $ S1 6:30-8:30 THE SECRETS TO KEEPING YOUR NEW YEARS RESOLUTION MPR	**11** 9:00-10:30 INTRO TO PC'S COMPUTER CLASS IVC$ CL 10:00-11:30 CURRENT EVENTS DISCUSSION LR 10:00-12:00 SCIENCE DISCUSSION GR 10:30-12:00 INTRO TO INTERNET/EMAIL COMPUTER CLASS IVC$ CL 11:30-12:30 LUNCH MPR 12:00-2:00 HEALTHY BUDGER EATING WORKSHOP LR 12:30-1:15 FALL PREVENTION WORKOUT S2 12:30-3:30 ARTISTS' SALON CS$ AS	**12** 9:00-12:00 OPEN GAME TIME GR 10:00-11:30 FUNDAMENTALS OF CAREGIVING LR 10:00-12:00 FREE COMPUTER ASSISTANCE CL 10:15-11:15 PILATES IVC$ S1 11:30-12:30 LUNCH MPR 12:30-4:30 MAHJONGG GR 12:30-1:30 LEAVING YOUR LEGACY LR 12:30-3:00 PING PONG MPR 1:00-2:00 PAIN FREE BODY $ S1 1:00-3:00 LOCA AS	**13** 9:00-10:20 DAYAN QIGONG IVC$ S2 9:00-11:30 FUN WITH PHOTOS IVC$ CL 10:00-12:00 TABLE TOP TREASURES LOBBY 10:30-11:30 BINGO GR 10:30-12:00 HOW TO SELL ONLINE CL 11:30-12:30 LUNCH MPR 12:00-3:00 CREATIVE WRITING IVC$ LR 1:00-3:00 BASIC COMPUTER ASSISTANCE-PHOTOS$ CL 1:30-4:00 FREE HEARING SCREENINGS WR	**14** 9:00-12:00 OPEN GAME TIME GR 10:00-11:30 CURRENT EVENTS DISCUSSION LR 10:15-11:15 PILATES IVC$ S1 11:30-1:00 YOGA IVC$ S1 10:00-2:00 WATERCOLOR IVC$ AS 11:30-12:30 LUNCH MPR 12:30-3:00 ARTISTS' SALON CS$ AS 12:30-3:00 PING PONG MPR 1:00-3:00 COMPUTER CLUB CL 1:00-2:30 CRUSIE SHIP INFORMATIONAL SEMINAR WITH FREE REFRESHMENTS LR 1:00-2:30 GENEALOGY #2 CR 1:00-2:00 PAIN FREE BODY $ S2
17 MARTIN LUTHER KING JR'S BIRTHDAY CLOSED	**18** 9:00-10:30 INTRO TO PC'S COMPUTER CLASS IVC$ CL 9:30-11:30 MEMOIR WRITING GR 10:00-11:30 CURRENT EVENTS DISCUSSION LR 10:30-12:00 INTRO TO INTERNET/EMAIL COMPUTER CLASS IVC$ CL 11:30-12:30 LUNCH MPR 12:30-1:15 FALL PREVENTION WORKOUT S2 12:30-3:30 WATERCOLOR IVC$ AS 1:00-3:00 FREEADVANCED AWARENESS SEMINAR LR	**19** 10:15-11:15 PILATES IVC$ S1 10:00-12:00 REE COMPUTER ASSISTANCE CL 10:30-11:30 BIRTHDAY CELEBRATION BINGO GR 11:30-12:30 LUNCH MPR 12:30-4:30 MAHJONGG GR 12:30-3:00 PING PONG MPR 1:00-2:00 PAIN FREE BODY $ S1 1:00-3:00 LOCA AS	**20** 9:00-10:20 DAYAN QIGONG IVC$ S2 9:00-11:30 FUN WITH PHOTOS IVC$ CL 10:00-12:00 TABLE TOP TREASURES LOBBY 10:30-11:30 BINGO GR 10:30-12:00 HOW TO SELL ONLINE CL 11:30-12:30 LUNCH MPR 12:00-3:00 CREATIVE WRITING IVC$ LR 1:00-3:00 BASIC COMPUTER ASSISTANCE-PHOTOS$ CL 1:00-3:00 FREE LEGAL ESTATE PLANNING ADVICE WR 1:00-3:00 WATERCOLOR IVC$ AS	**21** 9:00-12:00 OPEN GAME TIME GR 10:00-11:30 CURRENT EVENTS DISCUSSION LR 10:15-11:15 PILATES IVC$ S1 11:00-12:30 FOOD DISTRIBUTION WR 11:30-12:30 LUNCH MPR 12:30-3:00 PING PONG MPR 1:00-2:00 PAIN FREE BODY $ S2 1:00-2:30 GENEALOGY SERIES CR
24 9:00–11:30 LIVING HEALTHY WITH ONGOING HEALTH CONDITIONS LR 9:00-12:00 OPEN GAME TIME GR 10:00-11:00 COFFEE TALK SUPPORT GROUP LI 11:30-12:30 LUNCH MPR 12:00-1:00 NURSE APPOINTMENTS CO 12:00-1:30 HICAP WR 12:00-3:00 CHICAGO BRIDGE GR 12:30-3:00 MOVIE AND POPCORN LR 12:30-3:00 PING PONG MPR 2:00-3:00 BALLROOM DANCING $ S1	**25** 9:00-10:30 INTRO TO PC'S COMPUTER CLASS IVC$ CL 9:30-11:30 MEMOIR WRITING GR 10:00-11:30 CURRENT EVENTS DISCUSSION LR 10:00-12:00 SCIENVE DISCUSSION 10:30-12:00 INTRO TO INTERNET/EMAIL COMPUTER CLASS IVC$ CL 11:30-12:30 LUNCH MPR 12:30-1:15 FALL PREVENTION WORKOUT S2 12:30-3:30 WATERCOLOR IVC$ AS 1:00-3:00 ADVANCED AWARENESS SEMINAR LR	**26** 9:00-10:00 OPEN GAME TIME GR 10:00-11:30 FUNDAMENTALS OF CAREGIVING LR 10:15-11:15 PILATES IVC$ S1 10:00-12:00 REE COMPUTER ASSISTANCE CL 11:30-12:30 LUNCH MPR 12:30-4:30 MAHJONGG GR 12:30-3:00 PING PONG MPR 1:00-2:00 PAIN FREE BODY $ S1 1:00-3:00 LOCA AS	**27** 9:00-10:20 DAYAN QIGONG IVC$ S2 9:00-11:30 FUN WITH PHOTOS IVC$ CL 10:00-12:00 TABLE TOP TREASURES LOBBY 10:30-11:30 BINGO GR 10:30-12:00 HOW TO SELL ONLINE CL 11:30-12:30 LUNCH MPR 12:00-3:00 CREATIVE WRITING IVC$ GR 12:30-4:30 AARP DRIVING REFRESHER COURSE LR 1:00-3:00 BASIC COMPUTER ASSISTANCE-PHOTOS$ CL 1:00-3:00 WATERCOLOR IVC$ AS	**28** 9:00-12:00 OPEN GAME TIME GR 10:00-11:30 CURRENT EVENTS DISCUSSION LR 10:15-11:15 PILATES IVC$ S1 11:00-1:00 FOOD DISTRIBUTION WR 11:30-12:30 LUNCH MPR 12:30-4:30 AARP DRIVING REFRESHER COURSE LR 1:00-3:30 KNITTING GROUP GR 12:30-3:00 PING PONG MPR 1:00-2:00 PAIN FREE BODY $ S2
31 :00–11:30 LIVING HEALTHY WITH ONGOING HEALTH CONDITIONS LR 9:00-12:00 OPEN GAME TIME GR 11:30-12:30 LUNCH MPR 12:00-1:00 NURSE APPOINTMENTS CO 12:00-1:30 HICAP WR 12:00-3:00 CHICAGO BRIDGE GR 12:30-3:00 MOVIE AND POPCORN LR 12:30-3:00 PING PONG MPR 2:00-3:00 BALLROOM DANCING $ S1				

January

SUSI Q SENIOR CENTER
380 Third Street
Laguna Beach, CA 92651
949-497-2441

Room Key

LR	Laguna Room
GR	Game Room
MPR	Multi-Purpose Room
CL	Computer Lab
CR	Community Room
CO	Consultation Office
WR	Wellness Room
S1	Studio 1
S2	Studio 2
KI	Kitchen
AS	Art Studio

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