

August



Collier Senior Center
GOLDEN GATE
 vibrant • diverse • caring

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:15am Senior Fit 10:30am-12:00pm Painting Class 12:00 pm Hot Lunch	2 10:30am UPSLIDE Bilingual 12:00pm Hot Lunch	3 9:15am Senior Fit 10:00am Technology Seminar with Eric 11:15am Zumba 12:00pm Hot Lunch	4 12:00pm Hot Lunch	5
6	7 10:30am Chair Yoga 12:00pm Hot Lunch 12:30pm Bingo	8 9:15am Senior Fit 10:30am-12:00pm Painting Class 12:00 pm Hot Lunch	9 10:30am UPSLIDE Bilingual 12:00pm Hot Lunch	10 9:15am Senior Fit 10:00am Art and Craft 11:15am Zumba 12:00pm Hot Lunch	11 12:00pm Hot Lunch	12
13	14 10:30am Chair Yoga 12:00pm Hot Lunch 12:30pm Bingo	15 9:15am Senior Fit 10:30am-12:00pm Painting Class 12:00 pm Hot Lunch	16 10:30am UPSLIDE Bilingual 12:00pm Hot Lunch	17 10:00am Art and Craft 11:15am Zumba 12:00pm Hot Lunch	18 12:00pm Hot Lunch	19
20	21 10:30am Chair Yoga 12:00pm Hot Lunch 12:30pm Bingo	22 10:30am-12:00pm Painting Class 12:00 pm Hot Lunch	23 10:30am UPSLIDE Bilingual 12:00pm Hot Lunch	24 11:15am Zumba 12:00pm Hot Lunch	25 12:00pm Hot Lunch 12:30pm Birthday Celebration	26
27	28 10:30am Chair Yoga 12:00pm Hot Lunch 12:30pm Bingo	29 10:30am-12:00pm Painting Class 12:00 pm Hot Lunch	30 10:30am UPSLIDE Bilingual 12:00pm Hot Lunch	31 11:15am Zumba 12:00pm Hot Lunch		

Board games, challenge puzzle for the mind and dominoes
 Punctuality is a must for Painting Class

***ALL CLASSES ARE SUBJECT TO CHANGE

Agosto



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Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
		1 9:15am Senior Fit 10:30am-12:00pm Clase de Pintura 12:00 pm Almuerzo	2 10:30am UPSLIDE Bilingue 12:00pm Almuerzo	3 9:15am Senior Fit 10:00am Seminario de Tecnología con Eric 11:15am Zumba 12:00pm Almuerzo	4 12:00pm Almuerzo	5
6	7 10:30am Yoga en silla 12:00pm Almuerzo 12:30pm Bingo	8 9:15am Senior Fit 10:30am-12:00pm Clase de Pintura 12:00 pm Almuerzo	9 10:30am UPSLIDE Bilingue 12:00pm Almuerzo	10 9:15am Senior Fit 10:00am Arte y Artesanía 11:15am Zumba 12:00pm Almuerzo	11 12:00pm Almuerzo	12
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20	21 10:30am Yoga en silla 12:00pm Almuerzo 12:30pm Bingo	22 10:30am-12:00pm Clase de Pintura 12:00 pm Almuerzo	23 10:30am UPSLIDE Bilingue 12:00pm Almuerzo	24 11:15am Zumba 12:00pm Almuerzo	25 12:00pm Almuerzo 12:30pm Celebración de Cumpleaños	26
27	28 10:30am Yoga en silla 12:00pm Almuerzo 12:30pm Bingo	29 10:30am-12:00pm Clase de Pintura 12:00 pm Almuerzo	30 10:30am UPSLIDE Bilingue 12:00pm Almuerzo	31 11:15am Zumba 12:00pm Almuerzo		

- Juegos de mesa, rompecabeza y dominó diariamente
-Puntualidad es necesaria para la Clase de Pintura

***TODAS LAS CLASES ESTÁN SUJETAS A CAMBIO

