



**Monday**

9:30 A.M.: "Knitting & Crocheting"  
 10:00 A.M.: "Blood Pressure Check"  
 "Line Dance"  
 12:00 P.M.: "Senior Nutrition Program"  
 12:45 P.M.: "Stepping-Out"  
 1:00 P.M.: "Computer Skills Class"

**Tuesday**

10:00 A.M.: "Healthy Living (English)"  
 "Blood Pressure Check"; "English Conversations"; "Tibetan Tai-Chi"  
 11:00 A.M.: "Fan Dance"  
 12:00 P.M.: "Senior Nutrition Program"  
 1:00 P.M.: "Computer Lab"; "Line Dance"

**Wednesday**

9:00 A.M.: "Chinese Calligraphy"  
 9:30 A.M.: "Arts & Crafts"  
 10:00 A.M.: "Blood Pressure Check"  
 11:00 A.M.: "Developmental Assets"  
 12:00 P.M.: "Senior Nutrition Program"  
 12:45 P.M.: "Stepping-Out"  
 1:00 P.M.: "Computer Skills Class"

**Thursday**

10:00 A.M.: "Blood Pressure Check"; "Conversational English"; "Line Dance"  
 11:00 A.M.: "Healthy Living" (Cantonese & Mandarin)  
 12:00 P.M.: "Senior Nutrition Program"  
 1:00 P.M.: "Computer Lab"; "Line Dance"

**Friday**

11:45 A.M.: "Senior Nutrition Class"  
 12:00 P.M.: "Senior Nutrition Program"  
 12:30 P.M.: "Ice Cream Social"  
 12:45 P.M.: "Stepping-Out"  
 1:00 P.M.: "Computer Lab"



**Saturday**

10:30 A.M.: "Morning Socialization"  
 12:00 P.M.: "Computer Lab"  
 1:00 P.M.: "Social Dance"

**7**

10:00 A.M.: "Blood Pressure Check"; "Line Dance"  
 12:00 P.M.: "Senior Nutrition Program"  
 12:45 P.M.: "Stepping-Out"  
 1:00 P.M.: "Computer Skills Class"; "Karaoke"

**8**

10:00 A.M.: "Healthy Living (English)"; "Blood Pressure Check"; "English Conversations"; "Tibetan Tai-Chi"  
 11:00 A.M.: "Fan Dance"  
 12:00 P.M.: "Senior Nutrition Program"  
 12:00 P.M.: "Senior Scams"  
 1:00 P.M.: "Computer Lab"; "Line Dance"

**9**

9:00 A.M.: "Chinese Calligraphy"  
 10:00 A.M.: "Blood Pressure Check"  
 11:00 A.M.: "Project GIFT"  
 12:00 P.M.: "Senior Nutrition Program"  
 12:45 P.M.: "Stepping-Out"  
 1:00 P.M.: "Computer Skills Class"

**10**

10:00 A.M.: "Blood Pressure Check"; "Conversational English"; "Line Dance"  
 11:45 A.M.: "Senior Nutrition Class"  
 12:00 P.M.: "Senior Nutrition Program"  
 1:00 P.M.: "Computer Lab"; "Line Dance"

**11**

11:45 A.M.: "Senior Nutrition Class"  
 12:00 P.M.: "Senior Nutrition Program"  
 12:45 P.M.: "Stepping-Out"  
 1:00 P.M.: "Computer Lab"



**12**

10:30 A.M.: "Morning Socialization"  
 11:30 A.M.: "Haircuts"  
 12:00 P.M.: "Computer Lab"  
 1:00 P.M.: "Social Dance"

**13**

10:00 A.M.: "Blood Pressure Check"; "Line Dance"  
 12:00 P.M.: "Senior Nutrition Program"  
 12:45 P.M.: "Stepping-Out"  
 1:00 P.M.: "Computer Skills Class"; "Karaoke"

**14**

10:00 A.M.: "Healthy Living (English)"; "Blood Pressure Check"; "English Conversations"; "Tibetan Tai-Chi"  
 11:00 A.M.: "Fan Dance"  
 12:00 P.M.: "Senior Nutrition Program"  
 1:00 P.M.: "Computer Lab"; "Line Dance"

**15**

9:00 A.M.: "Chinese Calligraphy"  
 9:30 A.M.: "Arts & Crafts"  
 10:00 A.M.: "Blood Pressure Check"  
 12:00 P.M.: "Senior Nutrition Program"  
 12:45 P.M.: "Stepping-Out"  
 1:00 P.M.: "Computer Skills Class"

**16**

10:00 A.M.: "Blood Pressure Check"; "Conversational English"; "Line Dance"; "Healthy Living" (Cantonese & Mandarin)  
 12:00 P.M.: "Senior Nutrition Program"  
 1:00 P.M.: "Computer Lab"; "Line Dance"

**17**

12:00 P.M.: "Senior Nutrition Program"  
 12:30 P.M.: "Ice Cream Social"  
 12:45 P.M.: "Stepping-Out"  
 1:00 P.M.: "Computer Lab"



**18**

10:30 A.M.: "Morning Socialization"  
 12:00 P.M.: "Computer Lab"  
 1:00 P.M.: "Social Dance"

**19**

10:00 A.M.: "Blood Pressure Check"; "Line Dance"  
 12:00 P.M.: "Senior Nutrition Program"  
 12:45 P.M.: "Stepping-Out"  
 1:00 P.M.: "Computer Skill Class"; "Karaoke"

**20**

10:00 A.M.: "Healthy Living (English)"; "Blood Pressure Check"; "English Conversations"; "Tibetan Tai-Chi"  
 11:00 A.M.: "Fan Dance";  
 12:00 P.M.: "Senior Nutrition Program"  
 1:00 P.M.: "Computer Lab"; "Line Dance"

**21**

9:00 A.M.: "Chinese Calligraphy"  
 10:00 A.M.: "Blood Pressure Check"  
 11:00 A.M.: "United We Stand"  
 12:00 P.M.: "Senior Nutrition Program"  
 12:45 P.M.: "Stepping-Out"  
 1:00 P.M.: "Computer Skills Class"

**22**

10:00 A.M.: "Blood Pressure Check"; "Conversational English"; "Line Dance"; "Healthy Living" (Cantonese & Mandarin)  
 12:00 P.M.: "Senior Nutrition Program"  
 1:00 P.M.: "Computer Lab"; "Line Dance"

**23**

12:00 P.M.: "Senior Nutrition Program"  
 12:45 P.M.: "Stepping-Out"  
 1:00 P.M.: "Computer Lab"



**24**

10:30 A.M.: "Morning Socialization"  
 12:00 P.M.: "Computer Lab"  
 1:00 P.M.: "Social Dance"

**25**

10:00 A.M.: "Blood Pressure Check"; "Line Dance"  
 12:00 P.M.: "Senior Nutrition Program"  
 12:45 P.M.: "Stepping-Out"  
 1:00 P.M.: "Computer Skill Class"; "Karaoke"

**26**

10:00 A.M.: "Healthy Living (English)"; "Blood Pressure Check"; "English Conversations"; "Tibetan Tai-Chi"  
 11:00 A.M.: "Fan Dance"  
 12:00 P.M.: "Senior Nutrition Program"  
 1:00 P.M.: "Computer Lab"; "Line Dance"

**27**

9:00 A.M.: "Chinese Calligraphy"  
 10:00 A.M.: "Blood Pressure Check"  
 12:00 P.M.: "Senior Nutrition Program"  
 12:45 P.M.: "Stepping-Out"  
 1:00 P.M.: "Computer Skills Class"

**28**

10:00 A.M.: "Blood Pressure Check"; "Conversational English"; "Line Dance"; "Healthy Living" (Cantonese & Mandarin)  
 12:00 P.M.: "Senior Nutrition Program"  
 1:00 P.M.: "Computer Lab"; "Line Dance"

**29**

12:00 P.M.: "Senior Nutrition Program"  
 12:45 P.M.: "Stepping-Out"  
 1:00 P.M.: "Computer Lab"



**30**

10:30 A.M.: "Morning Socialization"  
 12:00 P.M.: "Computer Lab"  
 1:00 P.M.: "Social Dance"

**JTS NORTHSIDE COMMUNITY CENTER**  
 488 North Sixth Street, San Jose, CA 95112  
 Telephone: 408.343.7711 | Fax: 408.372.9302  
 Website: [jtsnorthsidecc.wordpress.org](http://jtsnorthsidecc.wordpress.org)



Community Child Care Council of Santa Clara County, Inc.