



# Senior Wellness Program

## OCTOBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10am-12pm Chinese Mahjong (MPR)	2	3	4	5
6	7 10-11am Tai Chi (MPR)	8 10am-12pm Chinese Mahjong (MPR)	9	10	11	12
13	14 10-11am Tai Chi (MPR)	15 10am-12pm Chinese Mahjong (MPR)	16	17	18	19
20	21 10-11am Tai Chi (MPR)	22 10am-12pm Chinese Mahjong (MPR)	23	24 10:15am "Shogun" Movie (CL)	25	26
27	28 10-11am Tai Chi (MPR)	29 10am-12pm Chinese Mahjong (MPR)	30	31 10:15-11am Halloween Bingo (CL)	<b>Location:</b> MPR= Multipurpose Room CL = Classroom L = Lounge	

### Movie "Shogun"

with Richard Chamberlain & Toshirō Mifune

A shipwrecked English navigator (Richard Chamberlain) joins a warlord (Toshirō Mifune) power struggle in 17th - century Japan.

Thursday, October 24, 2024 @ 10:15am

Please RSVP to 310.822.8885



### Halloween Bingo

Thursday, October 31,

2024 @ 10:15am

Please RSVP to

310.822.8885



All classes and activities are FREE to all VJCC members 60 years and older. Our number one priority is the safety of our participants. All classes and activities may still follow strict CDC protocols. e.g., face covering. Participants must be fully vaccinated and had taken first booster shot. Scheduled events can change without notice. Any questions or to RSVP please contact Gayle Hirami @ [gayle\\_hirami@yahoo.com](mailto:gayle_hirami@yahoo.com). or call the VJCC office at 310. 822.8885.

