



<p>6 1-5pm PING PONG!</p>	<p>7 8:30-10am TENNIS: CT #2 & #4 9:30-10:30am LET'S MOVE/LET'S STRETCH! w/Joy 10-11:30am BASKETBALL (in gym) 10:30-11:30am FRENCH CONVERSATION & COMPOSITION w/Helene (\$5) 1-2:30pm & 2:30-4pm ART (\$5)</p>	<p>8 9-10:30am COFFEE (bring your own) & CONVERSATION 9-10:15am YOGA FOR STRENGTH & BALANCE (w/chair + weights) w/ Teri (\$7) 10-11am FRENCH CONVERSATION FOR BEGINNERS w/Helene (\$5) 11am METRO ON THE MOVE RIDERS PROGRAM WORKSHOP 10:30am-12pm & 12pm-1:30pm I LOVE ART! (\$5) 1-4pm AMERICAN MAJONG (Bring 2024 card to play) 1:30pm GREAT DECISIONS: The High Seas Treaty 2-5pm PING PONG! 7pm BRUINS OF THE SOUTH BAY BOOK CLUB: ZOOM ONLINE (email for link): Heaven and Earth Grocery Store by McBride 5:30-6:45pm STRETCH-RELAX-RESTORE: GENTLE YOGA w/Sue (\$7)</p>	<p>9 8:30-10am TENNIS: CT #2 & #4 9-10:15am YOGA FOR STRENGTH & BALANCE (Senior Hatha Yoga) w/ Teri (\$7) 9-10am INTERMEDIATE LINE DANCING w/ Glenn 10-11am FRENCH LANGUAGE & GRAMMAR FOR BEGINNERS w/Helene(\$5) 10:15-11:30am BEGINNER LINE DANCING w/ Glenn 11:30am-12:45pm IMPROVER LINE DANCING w/ Glenn 11:30am-12:30pm LA COUNTY: LATE-LIFE TRANSITIONS 1-2:30pm & 2:30-4pm ART (\$5) 5:30-6:45pm PICKLEBALL CONDITIONING w/ Sue(\$10)</p>	<p>10 9-10:15am YOGA FOR STRENGTH & BALANCE (w/ chair + weights) w/ Teri (\$7) 10am-12:30pm BRIDGE 1-2:30pm BINGO (\$1.50/card) 1-4pm TAIWANESE MAH JONG 3:30-9:30pm PING PONG! 7:30-9:30pm COMEDY IMPROV</p>	<p>11 8-8:45am YOGA! FLOW w/Sue(\$7) 8:30-10am TENNIS: CT #2 & #4 9-10am CARDIO (AEROBICS) 9:30-10:30am MIND&MUSCLE; WEIGHTS with Joy! 10-11am ABC (AGILITY, BALANCE, CONTROL) 12-5pm PING PONG! 1-2:15pm PICKLEBALL CONDITIONING w/ Sue(\$10)</p>	<p>12 10am-5pm PING PONG!</p>
<p>13 1-5pm PING PONG!</p>	<p>14 8:30-10am TENNIS: CT #2 & #4 9:30-10:30am LET'S MOVE/LET'S STRETCH! w/Joy 10-11:30am BASKETBALL (in gym) 10:30-11:30am FRENCH CONVERSATION & COMPOSITION w/Helene (\$5) 1-2:30pm & 2:30-4pm ART (\$5)</p>	<p>15 9-10:30am COFFEE (bring your own) & CONVERSATION 9-10:15am YOGA FOR STRENGTH & BALANCE (w/chair + weights) w/ Teri (\$7) 10-11am FRENCH CONVERSATION FOR BEGINNERS w/Helene (\$5) 10:30am HERMOSA FIVE-O BOOK CLUB READING: Red Notice by Bill Browder 10:30am-12pm & 12pm-1:30pm I LOVE ART! (\$5) 1-4pm AMERICAN MAJONG (Bring 2024 card to play) 2-5pm PING PONG! 5:30-6:45pm STRETCH-RELAX-RESTORE: GENTLE YOGA w/Sue (\$7)</p>	<p>16 8:30-10am TENNIS: CT #2 & #4 9-10:15am YOGA FOR STRENGTH & BALANCE (Senior Hatha Yoga) w/ Teri (\$7) 9-10am INTERMEDIATE LINE DANCING w/ Glenn 10-11am FRENCH LANGUAGE & GRAMMAR FOR BEGINNERS w/Helene(\$5) 10:15-11:30am BEGINNER LINE DANCING w/ Glenn 11:30am-12:45pm IMPROVER LINE DANCING w/ Glenn 11:30am-2pm CLASSICS READ ALOUD: Around the World in 80 Days by Verne 1-2:30pm & 2:30-4pm ART (\$5) 5:30-6:45pm PICKLEBALL CONDITIONING w/ Sue(\$10)</p>	<p>17 9-10:15am YOGA FOR STRENGTH & BALANCE (w/ chair + weights) w/ Teri (\$7) 10am-12:30pm BRIDGE 1-2:30pm BINGO (\$1.50/card) 1-4pm TAIWANESE MAH JONG 3:30-9:30pm PING PONG! 7:30-9:30pm COMEDY IMPROV</p>	<p>18 8:15-9am YOGA! FLOW w/Sue(\$7) 8:30-10am TENNIS: CT #2 & #4 9-10am CARDIO (AEROBICS) 9:30-10:30am MIND&MUSCLE; WEIGHTS with Joy! 10-11am ABC (AGILITY, BALANCE, CONTROL) 12-5pm PING PONG! 1-2:15pm PICKLEBALL CONDITIONING w/ Sue(\$10)</p>	<p>19 10am-5pm PING PONG!</p>
<p>20 1-5pm PING PONG!</p>	<p>21 8:30-10am TENNIS: CT #2 & #4 9:30-10:30am LET'S MOVE/LET'S STRETCH! w/Joy 10-11:30am BASKETBALL (in gym) 10:30-11:30am FRENCH CONVERSATION & COMPOSITION w/Helene (\$5) 1-2:30pm & 2:30-4pm ART (\$5)</p>	<p>22 9-10:30am COFFEE (bring your own) & CONVERSATION 9-10:15am YOGA FOR STRENGTH & BALANCE (w/chair + weights) w/ Teri (\$7) 10-11am FRENCH CONVERSATION FOR BEGINNERS w/Helene (\$5) 10:30am—12pm BUNCO 10:30am-12pm & 12pm-1:30pm I LOVE ART! (\$5) 1-4pm AMERICAN MAJONG (Bring 2024 card to play) 2-5pm PING PONG! 5:30-6:45pm STRETCH-RELAX-RESTORE: GENTLE YOGA w/Sue (\$7)</p>	<p>23 8:30-10am TENNIS: CT #2 & #4 9-10:15am YOGA FOR STRENGTH & BALANCE (Senior Hatha Yoga) w/ Teri (\$7) 9-10am INTERMEDIATE LINE DANCING w/ Glenn 10-11am FRENCH LANGUAGE & GRAMMAR FOR BEGINNERS w/Helene(\$5) 10:15-11:30am BEGINNER LINE DANCING w/ Glenn 11:30am-12:45pm IMPROVER LINE DANCING w/ Glenn 1-2:30pm & 2:30-4pm ART (\$5) 5:30-6:45pm PICKLEBALL CONDITIONING w/ Sue(\$10)</p>	<p>24 9-10:15am YOGA FOR STRENGTH & BALANCE (w/ chair + weights) w/ Teri (\$7) 10am-12:30pm BRIDGE 1-2:30pm BINGO (\$1.50/card) 1-4pm TAIWANESE MAH JONG 3:30-9:30pm PING PONG! 7:30-9:30pm COMEDY IMPROV</p>	<p>25 8:15-9am YOGA! FLOW w/Sue(\$7) 8:30-10am TENNIS: CT #2 & #4 9-10am CARDIO (AEROBICS) 9:30-10:30am MIND&MUSCLE; WEIGHTS with Joy! 10-11am ABC (AGILITY, BALANCE, CONTROL) 12-5pm PING PONG! 1-2:15pm PICKLEBALL CONDITIONING w/ Sue(\$10)</p>	<p>26 10am-5pm PING PONG!</p>

<p>27 1-5pm PING PONG!</p>	<p>28 8:30-10am TENNIS: CT #2 & #4 9:30-10:30am LET'S MOVE/LET'S STRETCH! w/Joy 10-11:30am BASKETBALL (in gym) 10:30-11:30am FRENCH CONVERSATION & COMPOSITION w/Helene (\$5) 1-2:30pm & 2:30-4pm ART (\$5)</p>	<p>29 9-10:30am COFFEE (bring your own) & CONVERSATION 9-10:15am YOGA FOR STRENGTH & BALANCE (w/chair + weights) w/ Teri (\$7) 10-11am FRENCH CONVERSATION FOR BEGINNERS w/Helene (\$5) 10:30am-12pm & 12pm-1:30pm I LOVE ART! (\$5) 1-4pm AMERICAN MAJONG (Bring 2024 card to play) 2-5pm PING PONG! 5:30-6:45pm STRETCH-RELAX-RESTORE: GENTLE YOGA w/Sue (\$7)</p>	<p>30 8:30-10am TENNIS: CT #2 & #4 9-10:15am YOGA FOR STRENGTH & BALANCE (Senior Hatha Yoga) w/ Teri (\$7) 9-10am INTERMEDIATE LINE DANCING w/ Glenn 10-11am FRENCH LANGUAGE & GRAMMAR FOR BEGINNERS w/Helene(\$5) 10:15-11:30am BEGINNER LINE DANCING w/ Glenn 11:30am-12:45pm IMPROVER LINE DANCING w/ Glenn 1-2:30pm & 2:30-4pm ART (\$5) 5:30-6:45pm PICKLEBALL CONDITIONING w/ Sue(\$10)</p>	<p>31 9-10:15am YOGA FOR STRENGTH & BALANCE (w/ chair + weights) w/ Teri (\$7) 10am-12:30pm BRIDGE 1-2:30pm BINGO (\$1.50/card) 1-4pm TAIWANESE MAH JONG 3:30-9:30pm PING PONG! 7:30-9:30pm COMEDY IMPROV</p>	<p>Hermosa Five-O Senior Activity Center</p> <p>310.318.0280</p> <p>hbconnect@hermosabeach.gov</p> <p>www.hermosabeach.gov/seniors</p>	
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