



NOVEMBER 2024

Hermosa Five-O Senior Activity Center

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SUNDAY	1-5pm: PING PONG!
MONDAY	8:30-10am TENNIS: CT #2 & #4 9:30-10:30am LET'S MOVE/LET'S STRETCH! w/Joy (except 11/18) 10-11:30am BASKETBALL 10:30-11:30am FRENCH CONVERSATION & COMPOSITION w/Helene (\$5) 1-2:30pm & 2:30-4pm ART (\$5)
TUESDAY	9-10:30am COFFEE (bring your own) & CONVERSATION 9-10:15am YOGA FOR STRENGTH & BALANCE (w/chair + weights) w/ Teri (\$7) 10am-11am CONVERSATIONAL FRENCH 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! 5:30-6:30pm STRETCH-RELAX-RESTORE w/Sue (\$7) <hr/> November 12 at 10:30am BUNCO November 12 at 1:30pm GREAT DECISIONS DISCUSSION GROUP <i>Pandemic Preparedness</i> November 12 at 7pm BRUINS OF THE SOUTH BAY BOOK CLUB: ZOOM ONLINE ONLY (email for link): <i>Poetry Month</i> November 19 at 10:30am HERMOSA FIVE-O BOOK CLUB: <i>Tomorrow, and Tomorrow, and Tomorrow</i> by Gabrielle Zevin
WEDNESDAY	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 (except 11/6, 11/13, 11/20) 10-11am FRENCH LANGUAGE & GRAMMAR FOR BEGINNERS w/Helene(\$5) 10:15-11:30am BEGINNER LINE DANCING w/ Glenn (except 11/6, 11/13, 11/20) 11:30am-12:45pm IMPROVER LINE DANCING w/ Glenn (except 11/6, 11/13, 11/20) 1-2:30pm & 2:30-4pm ART (\$5) <hr/> November 6 at 11:30am SHAKESPEARE STUDY GROUP: <i>Cymbeline</i> November 20 at 11:30am CLASSICS READ ALOUD: <i>Around the World in 80 Days</i> by Verne
THURSDAY	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! <hr/> November 7 from 7:30-9:30pm COMEDY IMPROV
FRIDAY	8:15-9am GOOD MORNING YOGA! FLOW w/Sue (\$7) 9:30-10:30am TENNIS: CT #2 & #4 9-10am CARDIO (AEROBICS) (except 11/29) 9:30-10:30am MIND & MUSCLE; WEIGHTS with Joy! (except 11/15, 11/22) 10-11am ABC (AGILITY, BALANCE, CONTROL) (except 11/29) 12-5pm PING PONG! 1-2:15pm PICKLEBALL CONDITIONING w/Sue (\$10)
SATURDAY	10AM-5PM: PING PONG!