

10am-2pm Every Tuesday & Thursday.

Happy Thanksgiving

Tuesday
 1. T'ai Chi 10am-11am
 Movie Day 11am-12pm
 Lunch 12pm-1pm
 Social Hour 1pm-2pm

**8. Don't forget to Vote,
 Happy Election Day!**
Senior Activities Closed

15. T'ai Chi 10am-11am
 Guest Speaker 11am-12pm
 Lunch 12pm-1pm
 Social Hour 1pm-2pm

22. Senior Activities Closed

29. Senior Activities Closed



16. Wednesday
 Monthly 8th District
 Senior Advisory Committee
 planning meeting 3pm.



Thursday
 3. Yoga 10am-11am
 Arts & Crafts, Knitting
 11am-12pm
 Lunch 12pm-1pm
 Social Hour 1pm-2pm

10. Yoga 10am-11am
 Arts & Crafts, Knitting
 11am-12pm
 Prime Time Players
 12pm-1pm
 Lunch & Social 1pm-2pm

17. Yoga 10am-11am
 Arts & Crafts, Knitting
 11am-12pm
 Thanksgiving Potluck
 12pm-1pm
 Social Hour 1pm-2pm

24. Happy Thanksgiving!
 Closed

**Tuesdays 10am-11am T'ai Chi
 Chih w/ Elizabeth Preston**
**Tuesdays 11am-12pm
 Guest Speakers:**
 Nov 1 Movie Day w/ Donna Birge
 Dia de los Muertos (documentary
 filmed in Mexico)
 Nov 15 Guide Dogs presentation
 w/ Varena DeCuir

**Thursdays 10am-11am
 Yoga w/ Veronica Silva**
**Thursdays 11am-12pm
 Arts & Crafts w/ Shoshana
 Siegel & Delfina Skalland,
 Knitting w/ Wini Carter**

***Activities are subject to
 change at any time.**
**Location: Expo Arts Center
 4321 Atlantic Ave, LB
 90807**
**For more information:
 (562) 570-1326 or
 district8@longbeach.gov**
**Parking: back parking lot
 behind the Expo or street
 parking**

Women in Action Reaching Out (provides free lunch)

