

<u>Daily</u>	1:00 PM - 5:00 PM	We Labs (Computer Lab) Cards, Cues, & Connections (Pool table, Cards, Board Games)	<ul style="list-style-type: none"> The We Lab provides seniors with a dedicated space to handle personal business, practice skills from computer classes, or shop online, with laptops available for checkout Join others for a variety of free play games, creating connections while enjoying friendly competition.
<u>Monday</u>	10:00 AM - 1:00 PM	Sewing Club	Join our Sewing Club , a relaxed and welcoming space where members come together to work on various sewing projects. This is a group-led gathering , allowing participants to share skills, exchange ideas, and enjoy the creative process at their own pace. Whether you're an experienced sewer or just getting started, bring your materials, connect with others, and stitch away in a supportive community!
	1:30p - 3pm <i>*Experience classes start in July</i>	LSN: Learn Something New Experience Classes	LSN: Learn Something New Experience Classes —a joyful invitation to explore new interests in a relaxed and welcoming way. Each class offers a chance to expand your mind, spark inspiration, and connect through shared learning. Whether it's a new skill, a fun technique, or a hidden talent waiting to shine, LSN is your pathway to playful exploration.
<u>Tuesday</u>	10:45 AM - 11:45 AM	Move More Fitness Chair Exercise Class	Engage in a total-body chair workout that uses resistance training to build strength and improve overall fitness.
	12:30 PM - 2:30 PM	Pickleball Open Play	Whether you're new to the game or looking to sharpen your skills, this open play time is perfect for beginners and players who want to practice and have fun. Come move, laugh, and enjoy the game—no pressure, just play!.
	1:30p - 3pm <i>*Experience classes start in July</i>	LSN: Learn Something New Experience Classes	LSN: Learn Something New Experience Classes
<u>Wednesday</u>	10:30 AM - 12:30 PM	The View – Jim Gilliam Style	Join us every Wednesday for <i>The View</i> —our lively hangout where we chat about hot topics, share a few laughs, and enjoy each other's company. It's your space to be heard, be seen, and be in good company..
	10:30 AM - 1:30 PM	Garden Hearts (Class is held at Park Hill Farm 5247 Overdale Dr, View Park, CA 90043)	Garden Hearts is a hands-on outdoor class rooted in connection held at Park Hill Farm, care, and community. Together, we'll roll up our sleeves, get our hands in the soil, and learn what it really means to nourish the mind, body, and soul—from the ground up. This class includes physical activity like planting, weeding, and garden upkeep, so come dressed to move, get a little dirty, and grow something beautiful—inside and out.
	5:00PM-5:30PM <i>*First Wednesday of each month</i>	Meditation for Mind, Body & Spirit	Take a moment to pause, breathe, and reconnect. This gentle class offers simple guided meditation to help reduce stress, improve focus, and bring a sense of peace to your day. No experience needed—just come as you are.
<u>Thursday</u>	10:30AM – 11:30AM	Move More Fitness Chair Exercise Class	Improve strength, stability, and flexibility with chair exercises designed to enhance balance and mobility.
	1:00 PM - 4:00 PM	Game Day	A fun and easy way to enjoy the afternoon Bingo , and other board games with prizes and great company.
	1:00 PM - 4:00 PM	Birthday Bash Luncheon	Celebrate monthly birthdays with a delicious lunch, cake, and festivities (Last Thursday of the month).
<u>Friday</u>	10:30 AM - 12:30 AM	Digital Discovery (Computer & Phone Class)	Learn how to make the most of your digital devices, including smartphones and computers. Beginners are welcome.
	1:00 PM – 3:00 PM	The Movie Lounge: July 11, 18th, 25th & Aug 1st	Sit back, relax, and enjoy a variety of films with friends in our cozy movie lounge. Popcorn and good company guaranteed!

