



Grant Calendar of Events

Open Monday and Wednesday 10:00 am—2:00 pm

1575 Holt Avenue, Los Altos, CA 94024

*Los Altos Senior Program will be closed August 29 - September 5 for
Summer break and observance of Labor Day.*

September Happenings

September 7

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)
12:45 Zumba Gold Dance Party with Nora
1:00 Current Events

September 12

10:00-2:00 Coffee, Conversation and Cards

September 14

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)
12:45 Book Club with Betsy
1:00 Zumba Gold Dance Party with Nora

September 19

10:00-2:00 Coffee, Conversation and Cards

September 21

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)
12:00 Speaker: Anne Ferguson
12:45 Zumba Gold Dance Party with Nora
1:00 Men's Group

September 26

10:00-2:00 Coffee, Conversation and Cards

September 28

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)
1:00 Garden Club
12:45 Zumba Gold Dance Party with Nora

Schedule subject to change

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October Happenings

October 3

10:00-2:00 Coffee, Conversation and Cards

October 5

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)
12:45 Zumba Gold Dance Party with Nora
1:00 Current Events

October 10

10:00-2:00 Coffee, Conversation and Cards

October 12

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)

Grant Park Birthday!!!!

1:00 Book Club with Betsy
12:45 Zumba Gold Dance Party with Nora

October 17

10:00-2:00 Coffee, Conversation and Cards

October 19

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)
12:00 Speaker: Medicare Updates and Changes
12:45 Zumba Gold Dance Party with Nora
1:00 Men's Group

October 24 and 31

10:00-2:00 Coffee, Conversation and Cards

October 26

10:00-2:00 Int. Bridge, Mah-Jongg, Card Games
10:15 Stretch with Eleanor
10:45 Chair workout with Nora
11:30 English with Galen, Mr Hong & Rosel
11:30 (bring lunch)
1:00 Garden Club
12:45 Zumba Gold Dance Party with Nora