

Monday, August 2	
7:45 to 8:45	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 10	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
10 to 11	Low Impact Chair Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
11:30 to 1	Lunch Around the Village with Darcy Mulholland - Zel's, 1247 Camino del Mar
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Wednesday, August 4	
7:45 to 8:45	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 10	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
10 to 11	Low Impact Chair Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 1	Grocery Shuttle to Henry's, SB; call to reserve a seat
10:30 to 2	Mah Jongg Games - Powerhouse Community Center - upstairs, 1658 Coast Blvd.
11 to 2	Bridge - Powerhouse Community Center - downstairs, 1658 Coast Blvd.
Thursday, August 5	
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
Friday, August 6	
7:45 to 8:45	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 10	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
10 to 11	Low Impact Chair Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
Monday, August 9	
7:45 to 8:45	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 10	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
10 to 11	Low Impact Chair Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
10 to 1	Bus Trip Shopping to Target in Encinitas
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, August 10	
9:30 to 11:30	Senior Health Forum with Dr. Kalina; DMTV, 240 Tenth St.
Wednesday, August 11	
7:45 to 8:45	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 10	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
10 to 11	Low Impact Chair Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 1	Grocery Shuttle to Trader Joes, Encinitas; call to reserve a seat
10:30 to 2	Mah Jongg Games - Powerhouse Community Center - upstairs, 1658 Coast Blvd.
11 to 2	Bridge - Powerhouse Community Center - downstairs, 1658 Coast Blvd.
Thursday, August 12	
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
Friday, August 13	
7:45 to 8:45	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 10	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
10 to 11	Low Impact Chair Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach

	Beach
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
Saturday, August 14	
9 to 10:30	DMCC Board Meeting - City Hall Annex - Public Welcome
Monday, August 16	
7:45 to 8:45	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 10	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
10 to 11	Low Impact Chair Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Wednesday, August 18	
7:45 to 8:45	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 10	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
10 to 11	Low Impact Chair Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 1	Grocery Shuttle to Henry's, SB; call to reserve a seat
10:30 to 2	Mah Jongg Games - Powerhouse Community Center - upstairs, 1658 Coast Blvd.
11 to 2	Bridge - Powerhouse Community Center - downstairs, 1658 Coast Blvd.
Thursday, August 19	
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
Friday, August 20	
7:45 to 8:45	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 10	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
10 to 11	Low Impact Chair Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
Sunday, August 22	
1 to 5 pm	Bus Trip to Escondido - Coastal Communities Concert Band - "We're Off to Broadway" Summer Concert
Monday, August 23	
7:45 to 8:45	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 10	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
10 to 11	Low Impact Chair Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, August 24	
9:30 to 11:30	Senior Health Forum with Dr. Kalina; DMTV, 240 Tenth St.
12 to 1:30	ROMEO Men's Lunch Group with Dr. Kalina - Sbicca, 215 15th St.
Wednesday, August 25	
7:45 to 8:45	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 10	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
10 to 11	Low Impact Chair Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 1	Grocery Shuttle to Trader Joe's, SB; call to reserve a seat
10:30 to 2	Mah Jongg Games - Powerhouse Community Center - upstairs, 1658 Coast Blvd.
11 to 2	Bridge - Powerhouse Community Center - downstairs, 1658 Coast Blvd.
Thursday, August 26	

9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
Friday, August 27	
7:45 to 8:45	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
8:30 to 11	Senior Legal Clinic - DMCC office; reservations/qualification required.
9 to 10	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
10 to 11	Low Impact Chair Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
Monday, August 30	
7:45 to 8:45	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 10	Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
10 to 11	Low Impact Chair Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, August 31	
2:00	Seasoned Readers Book Club - Del Mar Library

Legend:

	Bus Trips
	Once-a-month activities
	DMCC Office Closures
	One-time event