

Wednesday, September 1	
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, September 2	
8 to 9	Senior Fitness Class - Powerhouse Community Center
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
9 to 10	Senior Fitness Class - Powerhouse Community Center
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center
3 to 4:30	Knit & Stitch; Del Mar Library, 1309 Camino del Mar
Friday, September 3	
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
10 - 2:30	Bus Trip Shopping to UTC
Monday, September 6 - DMCC Office Closed - Labor Day	
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
10:30 to 11:30	Tai Chi by the Sea - Powerhouse Community Center, 1658 Coast Blvd.
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, September 7	
8 to 9	Senior Fitness Class - Powerhouse Community Center
9 to 10	Senior Fitness Class - Powerhouse Community Center
9 to 12	HICAP Medicare Counseling
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center
3:30 to 5	Singing Together - 1010 Crest Rd.
Wednesday, September 8	
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, September 9	
8 to 9	Senior Fitness Class - Powerhouse Community Center
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
9 to 10	Senior Fitness Class - Powerhouse Community Center
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center
Friday, September 10	
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
Saturday, September 11	
9 to 10:30	DMCC Board Meeting - City Hall Annex - Public Welcome
Monday, September 13	
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
10:30 to 11:30	Tai Chi by the Sea - Powerhouse Community Center, 1658 Coast Blvd.
11:30 to 1	The Lunch Club - Sbicca, 215 15th
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, September 14	
8 to 9	Senior Fitness Class - Powerhouse Community Center
9 to 10	Senior Fitness Class - Powerhouse Community Center
9:30 to 11:30	Senior Health Forum with Dr. Kalina; DMTV, 240 Tenth St.
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center
2 to 3	Brain Fitness Participant Orientation - DMTV Studio
Wednesday, September 15	
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, September 16	
8 to 9	Senior Fitness Class - Powerhouse Community Center
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
9 to 10	Senior Fitness Class - Powerhouse Community Center
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center
Friday, September 17	
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
Monday, September 20	
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach

10:30 to 11:30	Tai Chi by the Sea - Powerhouse Community Center, 1658 Coast Blvd.
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, September 21	
8 to 9	Senior Fitness Class - Powerhouse Community Center
9 to 10	Senior Fitness Class - Powerhouse Community Center
9 to 12	HICAP Medicare Counseling
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center
1 to 2	Brain Fitness Class Assistant Orientation - 1104 Camino Del Mar, #106
Wednesday, September 22	
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, September 23	
8 to 9	Senior Fitness Class - Powerhouse Community Center
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
9 to 10	Senior Fitness Class - Powerhouse Community Center
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center
Friday, September 24	
8:30 to 11	Senior Legal Services Clinic - call 858-565-1392 ext 208 for appt.
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, September 27	
9 to 11:30	Computer Tutoring for Seniors - Presbyterian Church, 120 Stevens Ave, Solana Beach
10:30 to 11:30	Tai Chi by the Sea - Powerhouse Community Center, 1658 Coast Blvd.
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, September 28	
8 to 9	Senior Fitness Class - Powerhouse Community Center
9 to 10	Senior Fitness Class - Powerhouse Community Center
9:30 to 11:30	Senior Health Forum with Dr. Kalina; DMTV, 240 Tenth St.
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center
10 to 11:30	Brain Fitness
11:30 to 1	Brain Fitness
12 to 1:30	ROMEO Men's Lunch Group - Sbicca, 215 15th St.
1 to 2:30	Brain Fitness
2:00	Seasoned Readers Book Club - Del Mar Library
2:30 to 4	Brain Fitness
Wednesday, September 29	
9 to 1	Grocery Shuttle to Trader Joe's, SB; call to reserve a seat
10 to 11:30	Brain Fitness
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.
11:30 to 1	Brain Fitness
1 to 2:30	Brain Fitness
2:30 to 4	Brain Fitness
Thursday, September 30	
8 to 9	Senior Fitness Class - Powerhouse Community Center
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
9 to 10	Senior Fitness Class - Powerhouse Community Center
10 to 11	Low Impact Chair Senior Fitness Class - Powerhouse Community Center
10 to 11:30	Brain Fitness
11:30 to 1	Brain Fitness
1 to 2:30	Brain Fitness
2:30 to 4	Brain Fitness

Legend:

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