

Thursday, July 1	
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
3 to 4:30	Knit & Stitch; Del Mar Library, 1309 Camino del Mar
Friday, July 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
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
Monday, July 5 - DMCC Office Closed - Independence Day Holiday	
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, July 7	
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.
1:30 to 2:30	Shingles & Pneumococcal Awareness Talk - City Hall Annex, 235 11th St.
Thursday, July 8	
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
Friday, July 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
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
Saturday, July 10	
9 to 10:30	DMCC Board Meeting - City Hall Annex - Public Welcome
Monday, July 12	
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 - Rendezvous, 1550 Camino del Mar
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, July 13	
9:30 to 11:30	Senior Health Forum with Dr. Kalina; DMTV, 240 Tenth St.
Wednesday, July 14	
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, July 15	
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
Friday, July 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
10 to 11	Silver Age Yoga for Seniors - St. Peter's Parish Hall, 334 14th St.
11 to Noon	A Taste of the Mediterranean Talk - DM Library, 1309 Camino del Mar
Monday, July 19	
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, July 21	
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, July 22	
8 to 9	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 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
10 to 11	Low Impact Chair Senior Fitness Class - La Colonia Park, 715 Valley Ave, Solana Beach
Friday, July 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
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, July 26	
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
10 to 2	UTC Shopping Bus Trip
12 to 1	Warm Water Aerobics - Noonan Family School, 15555 Jimmy Durante Blvd.
Tuesday, July 27	
9:30 to 11:30	Senior Health Forum with Dr. Kalina; DMTV, 240 Tenth St.
Wednesday, July 28	
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, July 29	
9 to 1	Grocery Shuttle to Ralphs @ Del Mar Highlands and Vons on Mango; call to reserve a seat
Friday, July 30	
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.

Legend:

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