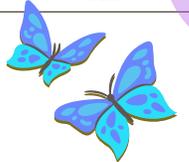
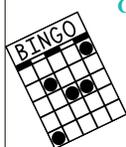


MON	TUE	WED	THU	FRI
	<p>Questions about programs at Cathy Hopper Friendship Center? Call (619) 235-1113 or email TurnerL@sandiego.gov</p>	<p>Site Hours of Operations 9:00am-3:00pm</p> <p>Café open daily: 9:00 am - 2:30 pm</p>	<p>HAPPY SPRING</p>	
	<p>1</p> <p>CHFC Cafe: 9:00am-2:30pm Feeling Fit: 9:00am-10:00am Walking Group: 10:00am-11:00am Line Dance (BEGINNER): 10:00am-10:30am Line Dance: 10:30am-11:30am Table Games: 11:00am-1:00pm Karaoke: 12:00pm-1:00pm</p> 	<p>2</p>  <p>CHFC Cafe: 9:00am-2:30pm Ukulele: 10:00am-11:00am Table Games: 11:00am-1:00pm Oil Paint: 1:30pm-4:00pm</p>	<p>3</p> <p>CHFC Cafe: 9:00am-2:30pm Feeling Fit: 9:00am-10:00am Walking Group: 10:00am-11:00am Line Dance (BEGINNER): 10:00am-10:30am Line Dance: 10:30am-11:30am Table Games: 11:00am-1:00pm Cooking: 12:00pm-2:00pm Art Studio: 12:00pm-2:00pm</p> 	<p>4</p> <p>CHFC Cafe: 9:00am-2:30pm Chorus: 9:00am-12:00pm Yoga: 9:00am-10:00am Chair Yoga: 10:30am-11:30am Getting Crafty: 10:00am-12:00pm</p>
<p>7</p> <p>CHFC Cafe: 9:00am-2:30pm</p> <p>Chigong: 9:15am-10:45am Bingo: 11:30am-1:00pm</p> 	<p>8</p> <p>CHFC Cafe: 9:00am-2:30pm Feeling Fit: 9:00am-10:00am Walking Group: 10:00am-11:00am Line Dance (BEGINNER): 10:00am-10:30am Line Dance: 10:30am-11:30am Table Games: 11:00am-1:00pm Knitting & Crochet: 1:00pm - 2:00pm</p> 	<p>9</p> <p>CHFC Cafe: 9:00am-2:30pm Ukulele: 10:00am-11:00am Table Games: 11:00am-1:00pm Oil Paint: 1:30pm-4:00pm</p> 	<p>10</p> <p>CHFC Cafe: 9:00am-2:30pm Feeling Fit: 9:00am-10:00am Walking Group: 10:00am-11:00am Line Dance (BEGINNER): 10:00am-10:30am Line Dance: 10:30am-11:30am Table Games: 11:00am-1:00pm Cooking: 12:00pm-2:00pm</p>	<p>11</p> <p>CHFC Cafe: 9:00am-2:30pm Chorus: 9:00am-12:00pm Yoga: 9:00am-10:00am Chair Yoga: 10:30am-11:30am Getting Crafty: 10:00am-12:00pm</p> 
<p>14</p> <p>CHFC Cafe: 9:00am-2:30pm</p> <p>Chigong: 9:15am-10:45am Bingo: 11:30am-1:00pm</p> 	<p>15</p> <p>CHFC Cafe: 9:00am-2:30pm Feeling Fit: 9:00am-10:00am Walking Group: 10:00am-11:00am Line Dance (BEGINNER): 10:00am-10:30am Line Dance: 10:30am-11:30am Table Games: 11:00am-1:00pm Karaoke: 12:00pm-1:00pm</p>	<p>16</p> <p>CHFC Cafe: 9:00am-2:30pm Ukulele: 10:00am-11:00am Table Games: 11:00am-1:00pm Oil Paint: 1:30pm-4:00pm Lunch & Learn: 11:30am-12:30pm</p> <p>Legacy</p>	<p>17</p> <p>CHFC Cafe: 9:00am-2:30pm Feeling Fit: 9:00am-10:00am Walking Group: 10:00am-11:00am Line Dance (BEGINNER): 10:00am-10:30am Line Dance: 10:30am-11:30am Table Games: 11:00am-1:00pm Cooking: 12:00pm-2:00pm Art Studio: 12:00pm-2:00pm</p>	<p>18</p> <p>CHFC Cafe: 9:00am-2:30pm Chorus: 9:00am-12:00pm Yoga: 9:00am-10:00am Chair Yoga: 10:30am-11:30am Getting Crafty: 10:00am-12:00pm Must See Movies: 12:30pm-3:00pm</p> 
<p>21</p> <p>CHFC Cafe: 9:00am-2:30pm</p> <p>Chigong: 9:15am-10:45am Bingo: 11:30am-1:00pm</p> 	<p>22</p> <p>CHFC Cafe: 9:00am-2:30pm Feeling Fit: 9:00am-10:00am Walking Group: 10:00am-11:00am Line Dance (BEGINNER): 10:00am-10:30am Line Dance: 10:30am-11:30am Table Games: 11:00am-1:00pm Knitting & Crochet: 1:00pm - 2:00pm</p>	<p>23</p> <p>CHFC Cafe: 9:00am-2:30pm Ukulele: 10:00am-11:00am Table Games: 11:00am-1:00pm Oil Paint: 1:30pm-4:00pm</p> 	<p>24</p> <p>CHFC Cafe: 9:00am-2:30pm Feeling Fit: 9:00am-10:00am Walking Group: 10:00am-11:00am Line Dance (BEGINNER): 10:00am-10:30am Line Dance: 10:30am-11:30am Table Games: 11:00am-1:00pm Cooking: 12:00pm-2:00pm</p>	<p>25</p> <p>CHFC Cafe: 9:00am-2:30pm Chorus: 9:00am-12:00pm Yoga: 9:00am-10:00am Chair Yoga: 10:30am-11:30am Getting Crafty: 10:00am-12:00pm</p>
<p>27</p> <p>CHFC Cafe: 9:00am-2:30pm Chigong: 9:15am-10:45am Bingo: 11:30am-1:00pm</p> 	<p>28</p> <p>CHFC Cafe: 9:00am-2:30pm Feeling Fit: 9:00am-10:00am Walking Group: 10:00am-11:00am Line Dance (BEGINNER): 10:00am-10:30am Line Dance: 10:30am-11:30am Table Games: 11:00am-1:00pm Karaoke: 12:00pm-1:00pm</p> 	<p>29</p> <p>CHFC Cafe: 9:00am-2:30pm Ukulele: 10:00am-11:00am Table Games: 11:00am-1:00pm History of Clairemont: 12:00pm-1:30pm Oil Paint: 1:30pm-4:00pm</p>	<p>30</p> <p>CHFC Cafe: 9:00am-2:30pm Feeling Fit: 9:00am-10:00am Walking Group: 10:00am-11:00am Line Dance (BEGINNER): 10:00am-10:30am Line Dance: 10:30am-11:30am Table Games: 11:00am-1:00pm Cooking: 12:00pm-2:00pm</p>	