

# NOVEMBER 2024

Martin Luther King Jr Community Center  
140 E 12th Street National City, CA 91950  
MLK Office (619)336-4290

## FAB Calendar

(Fifty And Better aka Senior Programs)

**SUBJECT TO CHANGE** Updated: 10/30/ 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<u>Virtual Reality</u> 1:00PM <b>1</b>
<b>4</b>	<u>Exercise Class</u> 10:30AM <u>Bingo</u> 11:15AM <b>5</b>	<u>Karaoke</u> 10:30AM <u>Crochet</u> <b>6</b>	<u>Feeling Fit</u> 9AM <b>7</b> <u>Global Energy Services Inc. Presentation</u> 10:15AM <u>Loteria</u> 11:20AM	<b>8</b>
<b>11</b>	<u>Exercise Class</u> 10:30AM <b>12</b> <u>Hangman</u> 11:15AM	<u>Karaoke</u> 10:30AM <b>13</b> <u>Craft- Fall Wreath</u>	<u>Feeling Fit</u> 9AM <b>14</b> <u>CPR/AED AMR</u> 10:15AM <u>Thanksgiving placemats Activity</u> 11:20AM	<u>Fall Celebration</u> 1:00pm to 4:00pm <b>15</b>
<b>18</b>	<u>Trivia</u> 10:30AM <b>19</b> <u>Bingo</u> 11:15AM	<u>Karaoke</u> 10:30AM <b>20</b> <u>Craft</u>	<b>21</b> <u>Birthday Celebrations/ Friendsgiving</u>	<b>22</b>
<b>25</b>	<u>Exercise Class</u> 10:30AM <b>26</b> <u>Magnet Craft</u> 11:15AM	<u>Karaoke</u> 10:30AM <b>27</b>	<b>28</b> <u>Closed</u>	<b>29</b>

# NOVIEMBRE 2024

Centro Comunitario Martin Luther King Jr  
 140 E 12th Street National City, CA 91950  
 Oficina de MLK (619)336-4290

**SUJETO A CAMBIOS** Actualizado: 10/30/ 2024

## FAB Calendar

(Fifty And Better aka Senior Programs)

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
				<u>Realidad Virtual</u> 11:00PM <b>1</b>
<b>4</b>	<u>Clase de Ejercicio</u> 10:30AM <u>Bingo</u> 11:15AM <b>5</b>	<u>Karaoke</u> 10:30AM <u>Crochet</u> <b>6</b>	<u>Feeling Fit</u> 9AM <b>7</b> <u>Global Energy Services Inc. Presentation</u> 10:30AM <u>Loteria</u> 11:20AM	<b>8</b>
<b>11</b>	<u>Clase de Ejercicio</u> 10:30AM <b>12</b> <u>Hangman</u> 11:15AM	<u>Karaoke</u> 10:30AM <b>13</b> <u>Manualidad: corona de otoño</u>	<u>Feeling Fit</u> 9AM <b>14</b> <u>CPR/AED AMR</u> 10:30AM <u>Actividad de manteles de Acción de Gracias</u> 11:20AM	<u>Celebracion de Otoño</u> 1:00pm to 4:00pm <b>15</b>
<b>18</b>	<u>Trivia</u> 10:30AM <b>19</b> <u>Bingo</u> 11:15AM	<u>Karaoke</u> 10:30AM <b>20</b> <u>Manualidad</u>	<u>Celebraciones de cumpleaños / Friednsgiving</u> <b>21</b>	<b>22</b>
<b>25</b>	<u>Clase de Ejercicio</u> 10:30AM <b>26</b> <u>Artesanía con imán</u> 11:15AM	<u>Karaoke</u> 10:30AM <b>27</b>	<b>28</b> <u>Cerrado</u>	<b>29</b>