

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY                                |
|--|---|---|--|---|---|
|  | 1<br>+ Retirement Planning<br>11:30 am<br>5:30 pm   | 2   | 3 + Rock N Roll Muscles 3pm<br>◆ 10 am Alz/Dementia<br>● 10.30am Glucose Screenings  | 4 ■ 8.15am Blood Pressure<br>+ 10am Sex After 60<br>■ 10am Blood Pressure | 5                                       |
| 7  Golf Classic 9am<br>Hacienda Golf Club<br><br>50+ Exercise Program<br>+ 5:30 pm — 6:30 pm | 8<br>● Blood Pressure Screening<br>10:00 am — 11 am | 9<br>+ 2.30p<br>Retirement Planning   | 10 ◆ 10am Alz/Dementia Support Group<br>■ 1p Caregiver Support Group<br>3 pm<br>+ Advanced Chair Aerobics  | 11  | 12                                      |
| 14   | 15  | 16 2p<br>◆ Childhood Immunizations<br><br>+ 3:00 pm<br>Miracles From Heaven | 17 ■ 9:30a Blood Pressure<br>◆ 10a Alz/Dementia Support<br>+ 3p Balance & Agility  | 18<br>■ 9:30a Blood Pressure Screenings<br>10am<br>■ Glucose Screenings   | 19 + 9.30am<br>My Mommy's having a baby |
| 21<br>50+ Exercise Program<br>+ 5:30 pm — 6:30 pm  | 22 ◆ 10am Infant and Child CPR<br><i>En Español</i> | 23  | 24<br>Happy Thanksgiving   | 25  | 26                                      |
| 28 6p Mommies to Be: Shower & Tour   | 29 + 9am AARP Driver Safety Refresher Class         | 30 + 7a Fall Blood Drive<br>2.30p<br>Retirement Planning                    | RSVP for Lectures & Events Today!<br><b>800-618-6664</b><br><a href="http://www.beverly.org/ClassesEvents">www.beverly.org/ClassesEvents</a><br>UNLESS OTHERWISE NOTED,<br>ALL COMMUNITY LECTURES AND EVENTS ARE <b>FREE</b> |   |   |

LOCATION

LEGEND:

+ Beverly Hospital, Tower Basement Rooms  
 309 W. Beverly Blvd., Montebello, CA  
 323-726-1222

▲ Women's Pavilion & Breast Center  
 101 E. Beverly Blvd., Suite 104/105,  
 Montebello, CA  
 323-889-2452

◆ Women's Care Center  
 1920 Whittier Blvd., Montebello, CA  
 323-725-1519

■ Montebello Senior Citizen Center  
 115 S. Taylor Ave., Montebello, CA  
 323-887-4575

■ Pico Rivera Senior Center  
 9200 Mines Ave., Pico Rivera, CA  
 562-948-4844

■ The Shops at Montebello  
 2134 Montebello Town Center  
 Montebello, CA

● Potrero Heights Community Ctr.  
 8051 Arroyo Drive  
 Montebello, CA

■ The Daily Brew Coffee Bar  
 137 N. Montebello Blvd.  
 Montebello, CA