

SAMPLE MONTH PROGRAM CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Here's a glimpse into the vibrant array of programs and activities offered at The Peninsula Regent.</p>		<p>While the following list provides a taste of what's available, our dynamic community is continuously evolving, with residents regularly introducing new groups and committees to explore emerging interests.</p>				
	<p>1 9:00 Chair Yoga 9:30 Aqua Zumba 1:30 TPR-ias (Glee Club)</p>	<p>2 9:00 Zumba 10:15 Zumba 11:00 Trans. to Local Dest. 2:00 LeMoyné Star Paper Quilting Class 7:45 Dave Rocha Jazz Trio</p>	<p>3 9:00 Gentle Chair Yoga 3:00 San Mateo Heritage Alliance Presentation 7:30 LIVE Movie Viewing: Barbie</p>	<p>4 9:00 Zumba 10:15 Zumba 1:30 Hillsdale Shopping 7:45 Great Decisions: Risky Science Across Borders</p>	<p>5 9:30 Aqua Zumba 10:00 Japanese American Museum 4:30 Wine Friday (Bistro)</p>	<p>6 9:00 Mat Yoga 2:30 Team Trivia</p>
<p>7 8:00 Ping Pong 2:30 Qigong (Tai Chi) 3:30 Bingo</p>	<p>8 9:00 Chair Yoga 9:30 Aqua Zumba 12:15 Fitness Equip. Inst. 1:30 TPR-ias (Glee Club)</p>	<p>9 9:00 Zumba 10:15 Zumba 11:00 Trans. to Local Dest. 11:30 TPR Kitchen Tour 4:00 Birthday & New Member Celebration 7:30 Chamber Musicians</p>	<p>10 9:00 Gentle Chair Yoga 1:30 Scenic Drive 3:00 HOA Board & Continuing Care Members' Association</p>	<p>11 9:00 Zumba 10:15 Zumba 12:15 SF Symphony 7:45 PM Great Decisions: Technology Denial and Sino-American</p>	<p>12 9:30 Aqua Zumba 1:00 Ping Pong 1:30 Trader Joe's 4:30 Wine Friday (Bistro)</p>	<p>13 9:00 Mat Yoga 11:00 Ping Pong</p>
<p>14 8:00 Ping Pong 2:30 Qigong (Tai Chi) 4:00 Academy Awards Viewing</p>	<p>15 9:00 Chair Yoga 9:30 Aqua Zumba 12:15 Fitness Equip. Inst. 1:30 TPR-ias (Glee Club) 3:00 House & Garden Comm 7:30 Movie Night</p>	<p>16 9:00 Zumba 10:15 Zumba 10:45 de Young Museum Trip 11:00 Trans. to Local Dest.</p>	<p>17 9:00 Gentle Chair Yoga 1:45 Lifelong Learning Comm 3:00 Town Meeting</p>	<p>18 9:00 Zumba 10:15 Zumba 11:00 Day at the Ferry Bldg 7:45 Great Decisions: NATO's Future</p>	<p>19 9:30 Aqua Zumba 11:00 Dining Forum 1:00 Ping Pong 1:30 Safeway 3:00 Book Club (PDR) 4:30 Wine Friday (Bistro) 7:15 Peninsula Symphony</p>	<p>20 9:00 Mat Yoga 2:30 Team Trivia</p>
<p>21 8:00 Ping Pong 11:30 St. Patrick's Day Brunch 12:30 SF Symphony 2:30 Qigong (Tai Chi)</p>	<p>22 9:00 Chair Yoga 9:30 Aqua Zumba 12:15 Fitness Equip. Inst. 1:30 TPR-ias (Glee Club)</p>	<p>23 9:00 Zumba 10:15 Zumba 11:00 Trans. to Local Dest. 11:30 TPR Kitchen Tour 2:00 Frederick Moyer Piano Performance</p>	<p>24 9:00 Gentle Chair Yoga 9:15 San Francisco Zoo 2:00 Chef's Culinary Hour</p>	<p>25 9:00 Zumba 10:15 Zumba 4:00 Member Emergency Response Drill Zone Training 7:45 Great Decisions: Invisible Indonesia</p>	<p>26 9:30 Aqua Zumba 11:30 Men's Club 1:30 Trader Joe's 3:00 TPR Film Club 4:30 Wine Friday (Bistro)</p>	<p>27 9:00 Mat Yoga 11:00 Ping Pong</p>
<p>28 8:00 Ping Pong 2:30 Qigong (Tai Chi)</p>	<p>29 9:00 Chair Yoga 9:30 Aqua Zumba 12:15 Fitness Equip. Inst. 1:30 TPR-ias (Glee Club)</p>	<p>30 9:00 Zumba 10:15 Zumba 11:00 Trans. to Local Dest.</p>				