

Mayo
2026



SUJETO A CAMBIOS

Kimball Senior Center
1221 D Ave. Suite 101
National City, CA 91950 (619)336-6760

HORAS DE INSTALACIÓN: M-M-J-- 9AM-4PM

Fifty and Better

FAB Programming

AKA Senior Programming

UPDATED 04/30/26

LUNES

MARTES

MIERCOLES

JUEVES

4


Club de Caminata
9:00am - 10:00am

5

Feeling Fit Club
9:00am - 10:00am
10:15am - 11:15am

Club de Crochet
10:00am - 1:00pm

¡JUEGO!- Loteria
1:30 pm - 3:00 pm



6


Walk with Ease
9:00am - 10:00am

Club de Crochet
10:00am - 1:00pm

Zumba
10:15am - 11:15am

Realidad Virtual
9:15am - 10:15 am

Karaoke
1:00pm- 3:00pm



7

Baile - Fiesta
12 pm - 3pm

Las puertas habren a las 12pm




11

Club de Caminata
9:00am - 10:00am

12

¡FORMACIO EN PRIMEROS AUXILIOS- INGLÉS 
11:30 pm - 12:30 pm
No hay certificación en este curso

Feeling Fit Club
9:00am - 10:00am
10:15am - 11:15am

Club de Crochet
10:00am - 1:00pm

¡JUEGO!- BINGO
1:30 pm - 3:00 pm

13

Walk with Ease
9:00am - 10:00am

Club de Crochet
10:00am - 1:00pm

Zumba
10:15am - 11:15am

Karaoke
1:00pm- 3:00pm

14

Feeling Fit Club
9:00am - 10:00am
10:15am - 11:15am

Club de Crochet
10:00am - 1:00pm

Manualidades
1:00-2:00pm

Juegos de Mesa
2:00-4:00pm

18

Club de Caminata
9:00am - 10:00am

19

¡FORMACIO EN PRIMEROS AUXILIOS- ESPAÑOL 
11:30 pm - 12:30 pm
No hay certificación en este curso

Feeling Fit Club
9:00am - 10:00am
10:15am - 11:15am

Club de Crochet
10:00am - 1:00pm

¡JUEGO!- Loteria
1:30 pm - 3:00 pm

20

Walk with Ease
9:00am - 10:00am

Club de Crochet
10:00am - 1:00pm

Zumba
10:15am - 11:15am

Karaoke
1:00pm- 3:00pm

21

Feeling Fit Club
9:00am - 10:00am
10:15am - 11:15am

Club de Crochet
10:00am - 1:00pm

Manualidades
1:00-2:00pm

Juegos de Mesa
2:00-4:00pm

25

Cerrado por el día de la conmemoración de los caídos

26

Feeling Fit Club
9:00am - 10:00am

Feria de Recursos Financieros para Adultos Mayores
con San Diego Seniors Foundation
12:30pm-3:30pm

27

Walk with Ease
9:00am - 10:00am

Club de Crochet
10:00am - 1:00pm

Zumba
10:15am - 11:15am

Karaoke
1:00pm- 3:00pm

28

Feeling Fit Club
9:00am - 10:00am
10:15am - 11:15am

Club de Crochet
10:00am - 1:00pm

Manualidades
1:00-2:00pm

Juegos de Mesa
2:00-4:00pm

May
2026



Kimball Senior Center
1221 D Ave. Suite 101
National City, CA 91950 (619)336-6760

Fifty and Better

FAB Programming

AKA Senior Programming

SUBJECT TO CHANGE

FACILITY HOURS: T-W-TH -- 9AM-4PM

UPDATED 04/30/26

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

4

Walkign Club
9:00am - 10:00am

5

Feeling Fit Club
9:00am - 10:00am
10:15am - 11:15am



Crochet Club
10:00am - 1:00pm

¡GAME!- Loteria
1:30 pm - 3:00 pm

6

Walk with Ease
9:00am - 10:00am

Crochet Club
10:00am - 1:00pm

Zumba
10:15am - 11:15am



Virtual Reality
9:15am - 10:15 am

Karaoke
1:00pm- 3:00pm

7



Fiesta - Dance
12 pm - 3pm

Doors Open at 12pm!

11

Walking Club
9:00am - 10:00am

12

¡FIRST AID TRAINING- ENGLISH
11:30 pm - 12:30 pm
NON CERTIFIED TRAINING



Feeling Fit Club
9:00am - 10:00am
10:15am - 11:15am

Crochet Club
10:00am - 1:00pm

¡GAME!- BINGO
1:30 pm - 3:00 pm

13

Walk with Ease
9:00am - 10:00am

Crochet Club
10:00am - 1:00pm

Zumba
10:15am - 11:15am

Karaoke
1:00pm- 3:00pm

14

Feeling Fit Club
9:00am - 10:00am
10:15am - 11:15am

Crochet Club
10:00am - 1:00pm

Crafts
1:00-2:00pm

Board Games
2:00-4:00pm

18

Walking Club
9:00am - 10:00am

19

¡FIRST AID TRAINING- SPANISH
11:30 pm - 12:30 pm
NON CERTIFIED TRAINING



Feeling Fit Club
9:00am - 10:00am
10:15am - 11:15am

Crochet Club
10:00am - 1:00pm

¡GAME!- Loteria
1:30 pm - 3:00 pm

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Walk with Ease
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10:15am - 11:15am

Karaoke
1:00pm- 3:00pm

21

Feeling Fit Club
9:00am - 10:00am
10:15am - 11:15am

Crochet Club
10:00am - 1:00pm

Crafts
1:00-2:00pm

Board Games
2:00-4:00pm

25

Closed for Memorial Day

26

Feeling Fit Club
9:00am - 10:00am

Older Adult Financial Resource Fair
with San Diego Seniors Foundation
12:30pm-3:30pm

27

Walk with Ease
9:00am - 10:00am

Crochet Club
10:00am - 1:00pm

Zumba
10:15am - 11:15am

Karaoke
1:00pm- 3:00pm

28

Feeling Fit Club
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Crochet Club
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Crafts
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Board Games
2:00-4:00pm