



October 3 - 9, 2022

Monday, October 3:

- **Genealogy Club** meets in the Library's Community Room at **11:00AM**

Tuesday, October 4:

- **Ukulele at the Library** presented by Cultural Arts Coordinator Sam Lee. Bring your own ukulele or borrow one of ours. Our supply is very limited and available first come, first served. Meets in the Library's Community Room at **2:00PM**.

Wednesday, October 5:

- **A Walk in the Park: Low-Intensity Walking and Balance Exercises.** Join fitness instructor Ines along with fitness nurse Carol Hahn at the gazebo in Library Park. Socialize with other adults while enjoying the fresh air.
1:30PM - 2:30PM

Thursday, October 6:

- **BINGO!** Join us in the Library's Community Room for a fun morning of BINGO! Prizes included. **2:00PM**

Friday, October 7:

- **Just Draw at ESMoA.** Join the friendly ESMoA staff and other adults during this fun, creative social hour. All levels of creativity encouraged. Please contact ESMoA for further information at 424-277-1020, **10:00AM - 11:00AM**

Saturday, October 8:

- **Aqua Fitness with Carol Hahn.** Join wellness and fitness nurse Carol Hahn for a FREE session of aqua fitness; easy on your joints yet perfect for cardiovascular and strength training. This class takes place at the El Segundo Wiseburn Aquatics Center, **8:00AM - 9:00AM**.

Sunday, October 9:

- **Be social! Invite a Friend to Coffee and Conversation.**

*For additional information on any of the events, please contact the Reference Desk at 310-524-2728 or refdesk@elsegundo.org

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