****

**Alpine Community Center Activities**

1830 Alpine Blvd.

619.445.7330

**Monday :**  9:30-10:30 a.m. Stroller Strides

**Tuesday:** 9:15 a.m.-10:15 a.m. Yoga by Mary

11:00 a.m-12:00 p.m. Matt’s Sit N Fit \*

**Wednesday:** 9:30-10:30 a.m. Stroller Strides

2:00 p.m.-4:00 p.m. Alzheimer Support Group \*

1st & 3rd Wednesday of each month

**Thursday:** 9:00 a.m.-10:30 a.m. Weight Watchers

9:15 a.m.-10:15 a.m. Yoga by Mary

9:30-10:30 a.m. Stroller Strides

11:00-12:30 p.m. Senior Lunch /Bingo/Games\*

11:00 a.m.-3:30 p.m. Card Club\*

**Other Activities**

**Tuesday** 6:30 p.m.-9:00 p.m. Adult Men’s Softball

**Thursday** 6:30 p.m.-9:00 p.m. Adult Co-ed Softball

**Monday-Sunday** (Contact ACC for times) Tennis court

\*Activities that are free or a small donation is requested.