PJCC | Center for HEALTHY LONGEVITY

November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 am Watercolors 3:00 pm Israeli Dance	**2** 8:10 am Tai Chi 10:30 am Book Club 1:00 pm Crafting Circle 1:15 pm Wellbeing Walk 3:30 pm Let's Talk About It	**3** 10:30 am Balance & Stretch	**4** 11:00 am Brain Health/ Attention, Focus & Distracted Brain 1:00 pm Social Spark 7:00 pm Rock Music Players	**5** 8:00 am Tai Chi 10:30 am Mahjong Class 11:00 am Bingo Mixer 12:45 pm Drop-in Mahjong 1:30 pm Mindful Movement	**6** 9:00 am Watercolors 2:30 pm Bridge Play	**7**
8 9:30 am Watercolors	**9** 8:10 am Tai Chi 10:00 am SMARTfit Pop-Up 1:00 pm Caregiver Support Group 3:30 pm Let's Talk About It	**10** 10:30 am Balance & Stretch 10:30 am Mahjong Class 1:00 pm Mahjong Class 2:00 pm Food For Thought	**11** **Holiday** *Veteran's Day* 7:00 pm Rock Music Players	**12** 8:00 am Tai Chi 10:00 am SMARTfit Pop-Up 10:00 am MindAtlas Help Hour 10:30 am Mahjong Class 12:45 pm Drop-in Mahjong 1:30 pm Mindful Movement	**13** 9:00 am Watercolors 1:00 pm Sing Strong 1:30 pm Drop-in Bunco 2:30 pm Bridge Play	**14** 8:00 pm UpClose Concert
15 9:30 am Watercolors 2:00 pm Dot Mandala 3:00 pm Israeli Dance	**16** 8:10 am Tai Chi 9:00 am Blood Drive 10:00 am Making Friends 11:00 pm SMARTfit Pop-Up 11:30 am MindAtlas Help Hour 3:30 pm Let's Talk About It	**17** 10:00 am Memory Screenings 10:30 am Balance & Stretch 10:30 am Mahjong Class 1:00 pm Mahjong Class	**18** 1:00 pm Social Spark 7:00 pm Rock Music Players	**19** 8:00 am Tai Chi 10:30 am Mahjong Class 11:00 pm SMARTfit Pop-Up 12:45 pm Drop-in Mahjong 1:30 pm Mindful Movement 3:30 pm Senior Scams	**20** 9:00 am Watercolors 1:00 pm FCV Learning Hour 2:30 pm Bridge Play	**21**
22 9:30 am Watercolors	**23** 8:10 am Tai Chi 1:00 pm Caregiver Support Group 3:30 pm Let's Talk About It	**24** 10:30 am Balance & Stretch 10:30 am Mahjong Class 1:00 pm Mahjong Class	**25** 7:00 pm Rock Music Players	**26** **Holiday** *Thanksgiving*	**27** **Holiday** *Day after Thanksgiving* 1:30 pm Drop-in Bunco	**28**
29	**30** 8:10 am Tai Chi 10:30 am Tech Talk 1:00 pm P2P: Power of Dreams 3:30 pm Let's Talk About It					

Program Key

- Fitness & Wellness
- Brain Health
- Social Engagement
- Volunteerism
- $ Fee-based Program
- ◆ CHL Pass/Membership

New PJCC Programs

- **Crafting Circle** Nov 2
- **SMARTfit Pop-Ups** Nov 9, 12, 16 & 19
- **MindAtlas Help Hours** Nov 12 & 16
- **Dot Mandala** Nov 15

Partnership Highlights

- **Dabble Health** Nov 4: Attention, Focus and the Distracted Brain
- **Age Up** Nov 13: Sing Strong
- **AgeUp & Foster City Village** Nov 16: Making Friends in Your 60s & Beyond
- **JFCS** Nov 17: Memory Screenings
- **Foster City Village** Nov 20: Learning Hour
- **AnewVista** Nov 30: Seach Engines, Browsers & Cookies

Rev 11.02.2026

PJCC | Center for HEALTHY LONGEVITY

December 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:30 am Balance & Stretch 10:30 am Mahjong Class 1:00 pm Mahjong Class	**2** 1:00 pm Social Spark 7:00 pm Rock Music Players	**3** 8:00 am Tai Chi 10:30 am Mahjong Class 12:45 pm Drop-in Mahjong 1:30 pm Mindful Movement	**4** 9:00 am Watercolors	**7** 8:00 pm UpClose Concert
6 9:30 am Watercolors	**7** 8:10 am Tai Chi 1:00 pm Sing Strong 1:00 pm Crafting Circle 1:15 pm Wellbeing Walk 3:30 pm Let's Talk About It	**8** 10:30 am Balance & Stretch 10:30 am Mahjong Class 1:00 pm Mahjong Class 1:00 pm Faster is Better	**9** 7:00 pm Rock Music Players	**10** Day Trip de Young 8:00 am Tai Chi 10:30 am Mahjong Class 12:45 pm Drop-in Mahjong 1:30 pm Mindful Movement	**11** 9:00 am Watercolors 1:30 pm Drop-in Bunco	**12**
13 9:30 am Watercolors 3:00 pm Israeli Dance	**14** 8:10 am Tai Chi 1:00 pm Caregiver Support Group 3:30 pm Let's Talk About It	**15** 10:30 am Balance & Stretch 10:30 am Mahjong Class 1:00 pm Mahjong Class 2:00 pm Food For Thought	**16** 1:00 pm Social Spark 7:00 pm Rock Music Players	**17** 8:00 am Tai Chi 10:30 am Mahjong Class 12:45 pm Drop-in Mahjong 1:30 pm Mindful Movement	**18** 11:00 am Bingo Mixer 1:00 pm FCV Learning Hour	**19**
20 9:30 am Watercolors 3:00 pm Israeli Dance	**21** 8:10 am Tai Chi 3:30 pm Let's Talk About It	**22** 10:30 am Balance & Stretch 10:30 am Mahjong Class 1:00 pm Mahjong Class	**23** 7:00 pm Rock Music Players	**24** 8:00 am Tai Chi 12:45 pm Drop-in Mahjong 1:30 pm Mindful Movement	**25**	**26**
27	**28** 8:10 am Tai Chi 3:30 pm Let's Talk About It	**29** 10:30 am Balance & Stretch	**30** 7:00 pm Rock Music Players	**31** 8:00 am Tai Chi 12:45 pm Drop-in Mahjong 1:30 pm Mindful Movement		

Program Key

- Fitness & Wellness
- Brain Health
- Social Engagement
- Volunteerism
- $ Fee-based Program
- CHL Pass/Membership

New PJCC Programs

Crafting Circle
Dec 7

UpClose Concert
Dec 12

Partnership Highlights

Dabble Health
TBD: Executive Function: The CEO of your Brain

Age Up
Dec 7: Sing Strong

Foster City Village
Dec 18: Learning Hour

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