

Monthly activity schedule for April, organized by day of the week (月, 火, 水, 木, 金, 土) with specific activity names and times.

【不定期開催】卓球午前 | 9:00~11:50 卓球午後 | 13:00~15:50 囲碁・将棋 | 13:00~15:00
(同) | 同好会(入会制) ※途中入会可の同好会あり ■ | 定期講座(年間・半年の申込制) ★ | 当日参加可能 (事前申込不要) ● | 単発講座(事前申込制) ▼ | 左京区地域介護予防推進センター受付(TEL706-6499)

Weekly activity schedule header with columns for days of the week and time slots (午前, 午後).

5月『血管年齢測定』
13日(木)
10:30~11:30(10名)
●申込 | 4月15日(木)
※毎月15日から受付開始(先着順)
※電話可

◎いきいきポイント
センターだより掲載事業はすべて
5ポイント対象です。

Main activity grid for the week, including Hall, Multi-purpose, East seats, West seats, and other rooms.

Activity grid for days 5 through 10, detailing specific activities like table tennis, dancing, and fitness.

Activity grid for days 12 through 17, including activities like piano, crafts, and social dancing.

Activity grid for days 19 through 24, featuring activities like aerobics, calligraphy, and music.

Activity grid for days 26 through 30, including activities like piano and health lectures.

休館日(昭和の日)
・自粛又は講師・指導者の判断で中止とした事業 →