

Weekly activity schedule for Monday through Sunday, listing various classes like walking, singing, and crafts with their respective 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(TEL762-5529)

Header for the main activity grid, showing days of the week (月, 火, 水, 木, 金, 土) and time slots (午前, 午後).

Special notices and announcements. Includes '7月『筋肉量測定』22日(金)', '大人のぬり絵サロン' (Adult Coloring Salon) on 7/8 and 7/19, and '8月『血管年齢測定』は、お休みです。' (August Blood Vessel Age Measurement is closed).

Activity grid for weeks 4, 5, 6, 7, 8, and 9. Shows daily activities like table tennis, dancing, and various classes.

Activity grid for weeks 11, 12, 13, 14, 15, and 16. Includes activities like piano, crafts, and health lectures.

Activity grid for weeks 18, 19, 20, 21, 22, and 23. Week 18 is a '休館日(海の日)' (Closed Day/Sea Day).

Activity grid for weeks 25, 26, 27, 28, 29, and 30. Includes activities like table tennis, crafts, and health lectures.