

Weekly activity schedule table with columns for days of the week (月, 火, 水, 木, 金, 土) and rows for various activities like walking, exercises, and arts.

【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)

Summary table for the week with columns for days (月, 火, 水, 木, 金, 土) and rows for morning and afternoon sessions.

Special notices for October: 10月『筋肉量測定』28日(金), 11月『血管年齢測定』10日(木), and details for the '大人のぬり絵サロン' (Adults' Coloring Salon) on 10/14 and 10/18.

Activity schedule for the week of October 3rd to 8th, including activities like table tennis, dancing, and exercises.

Activity schedule for the week of October 10th to 15th, featuring a '休館日(スポーツの日)' (Closed Day) on the 10th and various activities.

Activity schedule for the week of October 17th to 22nd, including table tennis, dancing, and health-related activities.

Activity schedule for the week of October 24th to 29th, featuring piano, exercises, and a lecture on October 29th.

Activity schedule for October 31st, including a body measurement event and piano performance.

Recruitment notice for 'おもちゃ大募集!!' (Toy Collection!!) for a volunteer group, including contact information and a list of desired items like batteries, cars, and musical instruments.

