

Summary table of activities by day of the week (月 to 土) with details on times and content.

【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)

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

Special event callouts: 4月『筋肉量測定』28日(金), 5月『血管年齢測定』11日(木), 『大人のぬりえサロン』, たのしい脳トレ.

Main activity schedule grid showing activities for each day from 3 to 29, including details on hall, purpose, and seating.

休館日(昭和の日)