

Weekly activity schedule by day of the week (月 to 土). Includes 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) | 同好会活動(会員制)※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(TEL707-2730)

Summary table for the week with columns for days (月 to 土) and times (午前, 午後).

Event highlights for the week, including '12月『血管年齢測定』14日(木)' and '11月『筋肉量測定』24日(金)'. Also mentions '秋の文化祭 舞台発表会'.

Activity schedule for days 6-11. Includes details for table tennis, dancing, and other group activities.

Activity schedule for days 13-18. Includes details for walking, exercises, and arts.

Activity schedule for days 20-25. Includes details for walking, exercises, and a special 'お口からだのフレイル予防講座'.

Activity schedule for days 27-30. Includes details for walking, exercises, and a special '大人のぬり絵サロン'.

Special event details for '大人のぬり絵サロン' and 'たのしい脳トレ(自由参加)'. Includes dates, times, and locations.