

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

【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 event announcements for October: 10月『筋肉量測定』 28日(金) and 11月『血管年齢測定』 10日(木). Includes details on dates, times, and locations.

Activity schedule for the week of October 3rd to 8th, detailing activities in the hall, multi-purpose room, and other rooms.

Activity schedule for the week of October 10th to 15th, including a 'Sports Day' (休館日) on October 10th.

Activity schedule for the week of October 17th to 22nd.

Activity schedule for the week of October 24th to 29th.

Activity schedule for October 31st, including a physical measurement event.

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