



July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01	02	03 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	04 	05 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	06
07	08	09	10 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	11	12 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	13
14	15	16	17 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	18	19 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	20
21	22	23	24 1:30 – Always Active Exercise 2:30 – Holistic Fall Prevention with Estelle Schneider	25	26 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	27
28	29	30	31 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors			

All events are held at Forrest Hills Church, unless otherwise noted. (250 Laguna Honda Blvd.)  
 For more information: Call Nicky at 415.821.1003; ext. 120 or email [nicky@sfcommunityliving.org](mailto:nicky@sfcommunityliving.org)

