



# January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			01 	02	03 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	04
05	06	07	08 1:30 – Always Active Exercise	09	10 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	11
12	13	14	15 1:30 – Always Active Exercise 2:40 – Craft Day	16	17 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	18
19	20 	21	22 1:30 – Always Active Exercise	23	24 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	25
26	27	28	29 1:30 – Always Active Exercise 2:40 – Brain Health	30	31 12:15 – Memoir Writing 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)

