



September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 	03	04 9:45 – Always Active Exercise 6:00 – Litquake Memoir Writing	05	06 9:45 – Always Active Exercise 11:00 – Chair Yoga	07
08	09 9:45 – Always Active Exercise 10:45 – Birthday Monday	10	11 9:45 – Always Active Exercise 6:00 – Litquake Memoir Writing	12	13 9:45 – Always Active Exercise	14
15	16 9:45 – Always Active Exercise 10:45 – Coffee Hour	17	18 9:45 – Always Active Exercise	19	20 9:45 – Always Active Exercise 11:00 – Chair Yoga	21
22	23 9:45 – Always Active Exercise 10:45 – Coffee Hour	24	25 9:45 – Always Active Exercise	26	27 9:45 – Always Active Exercise	28
29	30 9:45 – Always Active Exercise 10:45 – Coffee Hour					

All Litquake and BOOMER events at Excelsior Works unless otherwise noted. (5000 Mission Street)

All other events at Bethel Lutheran Church unless otherwise noted. (2525 Alemany Blvd.)

For more information: Call Patti at 415.821.1003; ext. 106 or email patti@sfcommunityliving.org

