



February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						01
02	03	04	05 1:30 – Always Active Exercise 2:40 – Valentine’s Day Card Activity	06	07 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	08
09	10	11	12 1:30 – Always Active Exercise	13	14 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	15
16	17 	18	19 1:30 – Always Active Exercise 2:40 – Hearing Loss Services	20	21 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	22
23	24 2:45 – Perish Sings Sinatra (Saint Anne’s Hall in Inner Sunset)	25	26 1:30 – Always Active Exercise 2:30 – Birthday Celebration	27	28 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:40 – Stay Hydrated	29

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

