



## November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01 9:45 – Always Active Exercise 10:45 – Chair Yoga	02
03 9:45 – Always Active Exercise 11:15 – Memoir Writing	04	05	06 9:45 – Always Active Exercise 11:00 – Origami Star Making 6:00 – Stroke Take (St. Anne's) 6:00 – Litquake	07 12:00 – Holiday Potluck 6:00 – BOOMER Talks: David Bowie (Crocker Playground)	08 9:45 – Always Active Exercise 11:00 – Beginners Friendly Dance	09
10 9:45 – Always Active Exercise 11:15 – Memoir Writing	11	12	13 9:45 – Always Active Exercise 6:00 – Litquake	14	15 9:45 – Always Active Exercise 10:45 – Chair Yoga	16
17 9:45 – Always Active Exercise 11:15 – Memoir Writing	18	19	20 9:45 – Always Active Exercise 6:00 – Litquake	21	22 9:45 – Always Active Exercise 11:00 – Beginners Friendly Dance	23
24 9:45 – Always Active Exercise 11:15 – Memoir Writing	25	26	27 9:45 – Always Active Exercise 6:00 – Litquake	28 	29 9:45 – Always Active Exercise	30

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](mailto:patti@sfcommunityliving.org)

