



January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			01 	02	03 9:45 – Always Active Exercise 10:45 – Chair Yoga	04
05	06 9:45 – Always Active Exercise 11:15 – Memoir Writing	07	08 9:45 – Always Active Exercise	09	10 9:45 – Always Active Exercise 11:00 – Beginners Friendly Dance Class	11
12	13 9:45 – Always Active Exercise 11:15 – Memoir Writing	14	15 9:45 – Always Active Exercise	16	17 9:45 – Always Active Exercise 10:45 – Chair Yoga	18
19	20 	21	22 9:45 – Always Active Exercise	23	24 9:45 – Always Active Exercise 11:00 – Beginners Friendly Dance Class	25
26	27 9:45 – Always Active Exercise 11:15 – Memoir Writing	28	29 9:45 – Always Active Exercise	30	31 9:45 – Always Active Exercise	

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

