



September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 	03 10:30 – Always Active Exercise	04 10:30 – Always Active Exercise (MPIC Clubhouse) 11:30 – Meet Your Neighbors	05 10:30 – Always Active Exercise 11:30 – Aging in Style (Part One)	06	07
08	09	10 10:30 – Always Active Exercise	11 10:30 – Always Active Exercise (MPIC Clubhouse) 11:30 – Meet Your Neighbors	12 10:30 – Always Active Exercise 11:30 – Aging in Style (Part Two)	13	14
15	16	17 10:30 – Always Active Exercise	18 10:30 – Always Active Exercise (MPIC Clubhouse) 11:30 – Meet Your Neighbors	19 10:30 – Always Active Exercise	20	21
22	23	24 10:30 – Always Active Exercise	25 10:30 – Always Active Exercise (MPIC Clubhouse) 11:30 – Meet Your Neighbors	26 10:30 – Always Active Exercise 11:30 – Social Security Administration	27	28
29	30					

Unless Otherwise Noted: All Tuesday & Thursday events are at Cornerstone Baptist Church (480 Teresita Blvd) and all Wednesday events are held at the MPIC Clubhouse (350 O'Shaughnessy Blvd).

For more information: Call Darlene at 415.821.1003; ext. 117 or email darlene@sfccommunityliving.org

