



August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01 10:30 – Always Active Exercise	02	03
04	05	06 10:30 – Always Active Exercise	07 10:30 – Always Active Exercise (MPIC Clubhouse) 11:30 – Miraloma Park Kids' Piano Concert	08 10:30 – Always Active Exercise 11:30 – Ask the Pharmacist	09	10
11	12	13 10:30 – Always Active Exercise	14 10:30 – Always Active Exercise (MPIC Clubhouse) 11:30 – Meet Your Neighbors	15 10:30 – Always Active Exercise	16	17
18	19	20 10:30 – Always Active Exercise	21 10:30 – Always Active Exercise (MPIC Clubhouse) 11:30 – Meet Your Neighbors	22 10:30 – Always Active Exercise 11:30 – Home Match	23	24
25	26	27 10:30 – Always Active Exercise	28 10:30 – Always Active Exercise (MPIC Clubhouse) 11:30 – Meet Your Neighbors	29 10:30 – Always Active Exercise 11:30 – Bingo	30	31

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

