



December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 	02	03  International Day of Persons with Disabilities	04 1:30 – Always Active Exercise	05	06 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	07
08	09	10	11 1:30 – Always Active Exercise 2:40 – Understanding Your Transportation Options	12	13 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	14
15	16	17	18 1:30 – Always Active Exercise 2:40 – Holiday Party & Potluck	19	20 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	21 <i>Winter Solstice</i>
22 	23	24 	25 	26	27 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	28
29	30	31 				

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

