



February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						01
02 	03 1:30 – Always Active Exercise 2:45 – Writing for Remembering	04 9:45 – Read to Stepping Stone Preschoolers 1:30 – Chair Yoga	05	06 1:30 – Always Active Exercise	07	08
09	10 1:30 – Always Active Exercise 2:45 – Vial for Life	11 1:30 – Dance for Strength	12	13 1:30 – Always Active Exercise	14 <i>Happy Valentine's Day</i>	15
16	17 2:00 – Writers Group (Café La Flor, 1340 Irving Street)	18 1:30 – Chair Yoga	19	20 1:30 – Walk to Botanical Gardens (Meet at Gate near Lincoln)	21	22
23	24 1:30 – Always Active Exercise 2:45 – Birthday Potluck & Perish Sings Sinatra	25 1:30 – Dance for Strength	26	27 1:30 – Always Active Exercise 2:45 – Healthy Brain Aging	28	29

All events at St. Anne of the Sunset Catholic Church. Enter the Community Hall on Funston between Judah and Irving. Accessible ramp to right of entry doors before playground.

For more information: Call Marina at 415.821.1003; ext. 116 or email marina@sfcommunityliving.org