



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