



## November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01 9:30 – Walking Group	02
03 9:30 – Always Active Exercise 10:30 – Memoir Writing	04 9:30 – Walking Group	05	06 9:30 – Always Active Exercise	07	08 9:30 – Walking Group	09
10 9:30 – Always Active Exercise 10:30 – Memoir Writing	11 9:30 – Walking Group	12	13 9:30 – Always Active Exercise	14	15 9:30 – Walking Group	16
17 9:30 – Always Active Exercise 10:30 – Memoir Writing	18 9:30 – Walking Group	19	20 9:30 – Always Active Exercise 10:30 – Aging in Style	21	22 9:30 – Walking Group	23
24 9:30 – Always Active Exercise 10:30 – Memoir Writing	25 9:30 – Walking Group	26	27 9:30 – Always Active Exercise	28 	29 9:30 – Walking Group	30

All events at St. Finn Barr Church unless otherwise noted. (415 Edna St)

For more information: Call Patti at 415.821.1003; ext. 106 or email [patti@sfcommunityliving.org](mailto:patti@sfcommunityliving.org)

