



December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 	02 9:45 – Always Active Exercise 10:45 – Coffee Hour	03 	04 9:45 – Always Active Exercise	05 6:00 – BOOMER Talks: Golden Age of Soul	06 9:45 – Always Active Exercise 10:45 – Chair Yoga	07 12:00 – Holiday Potluck
08	09 9:45 – Always Active Exercise 10:45 – Birthday Monday	10	11 9:45 – Always Active Exercise	12	13 9:45 – Always Active Exercise	14
15	16 9:45 – Always Active Exercise 10:45 – Coffee Hour	17	18 9:45 – Always Active Exercise	19	20 9:45 – Always Active Exercise 10:45 – Chair Yoga	21 <i>Winter Solstice</i>
22 	23 9:45 – Always Active Exercise 10:45 – Coffee Hour	24 	25 	26	27 9:45 – Always Active Exercise	28
29	30 9:45 – Always Active Exercise 10:45 – Coffee Hour	31 				

All Litquake and BOOMER events at Excelsior Works unless otherwise noted. (5000 Mission Street)

All other events at Bethel Lutheran Church unless otherwise noted. (2525 Alemany Blvd.)

For more information: Call Patti at 415.821.1003; ext. 106 or email patti@sfcommunityliving.org

