



# November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	02
03	04	05	06 1:30 – Always Active Exercise	07	08 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	09
10	11  VETERANS DAY	12	13 1:30 – Always Active Exercise 2:40 – Herbal Kitchen	14	15 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	16
17	18	19	20 1:30 – Always Active Exercise 2:40 – Pot Luck	21	22 12:15 – Memoir Writing 1:30 – Always Active Exercise 2:40 – SF Public Library Speaker	23
24	25	26	27	28 	29	30

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](mailto:nicky@sfcommunityliving.org)

