



September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02 	03 1:00 – Botanical Garden Walk-Through (Meet at 9 th & Lincoln)	04 1:30 – Diabetes Empowerment Education Program at SHARP	05 1:30 – Always Active Exercise 2:30 – Seismic Safety Class	06	07
08	09 1:30 – Always Active Exercise 2:30 – Writing for Remembering	10	11 1:30 – Diabetes Empowerment Education Program at SHARP	12 1:30 – Always Active Exercise 2:30 – Seismic Safety Class	13	14
15	16 1:30 – Always Active Exercise 2:30 - Meet Your Neighbors	17	18 1:30 – Diabetes Empowerment Education Program at SHARP	19 1:30 – Always Active Exercise 2:30 – Seismic Safety Class	20	21
22	23 1:30 – Always Active Exercise 2:30 – Writing for Remembering	24	25 1:30 – Diabetes Empowerment Education Program at SHARP	26 1:30 – Always Active Exercise 2:30 - Meet Your Neighbors	27	28
29	30 1:30 – Always Active Exercise 2:30 – Birthday Potluck					

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.

If you plan on joining the **Diabetes Empowerment Education Program**, you must attend **at least 5 out of the 6** scheduled events.

SHARP is located at 1736 9th Avenue, between Moraga & Noriega streets.

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