



August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01	02	03
04	05 9:45 – Always Active Exercise 10:45 – Coffee Hour	06	07 9:45 – Always Active Exercise 6:00 – Boomer Talks (Woodstock Part 2)	08	09 9:45 – Always Active Exercise 11:00 – Chair Yoga	10
11	12 9:45 – Always Active Exercise 10:45 – Birthday Monday	13	14 9:45 – Always Active Exercise 11:00 – Home Match	15	16 9:45 – Always Active Exercise	17
18	19 9:45 – Always Active Exercise 10:45 – Coffee Hour	20	21 9:45 – Always Active Exercise	22	23 9:45 – Always Active Exercise 11:00 – Chair Yoga	24
25	26 9:45 – Always Active Exercise 10:45 – Coffee Hour	27	28 9:45 – Always Active Exercise 11:00 – Holistic Fall Prevention with Estelle	29	30 9:45 – Always Active Exercise	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

