



July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 1:30 – Always Active Exercise 2:30 - Meet Your Neighbors	02	03	04 	05	06
07	08 1:30 – Always Active Exercise 2:30 – Help Desk	09	10	11 1:30 – Always Active Exercise 2:30 – Help Desk	12	13
14	15 1:30 – Always Active Exercise 2:30 – Gardening for Health & Well Being	16	17	18 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	19	20
21	22 1:30 – Always Active Exercise 2:30 – Memoir Writing	23	24	25 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	26	27
28	29 1:30 – Always Active Exercise 2:30 – Birthday Potluck	30	31			

All events will be held in St. John of God Newman Center, until further notice. (1290 5th Avenue)

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