




# July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 9:45 – Always Active Exercise 10:45 – Coffee Hour	02	03 9:45 – Always Active Exercise	04 	05 9:45 – Always Active Exercise 11:00 – Chair Yoga with David	06
07	08 9:45 – Always Active Exercise 11:00 – Birthday Monday	09	10 9:45 – Always Active Exercise 6:00 - Litquake	11 6:00 – SPCA SIDO Program	12 9:45 – Always Active Exercise 11:00 – Tai Chi in Cayuga Park	13
14	15 9:45 – Always Active Exercise 10:45 – Coffee Hour	16	17 9:45 – Always Active Exercise 11:00 – Social Security 6:00 – BOOMER Talks (The Who)	18 6:00 - Litquake	19 9:45 – Always Active Exercise 11:00 – Chair Yoga with David	20
21	22 9:45 – Always Active Exercise 10:45 – Coffee Hour	23	24 9:45 – Always Active Exercise 6:00 – BOOMER Talks (The Who)	25 6:00 - Litquake	26 9:45 – Always Active Exercise 11:00 – Tai Chi in Cayuga Park	27
28	29 9:45 – Always Active Exercise 10:45 – Coffee Hour	30	31 9:45 – Always Active Exercise 11:00 – Pharmacy Talk 6:00 – Litquake			

**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](mailto:patti@sfcommunityliving.org)

