



August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01	02 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	03
04	05	06	07 1:30 – Always Active Exercise 2:45 – Home Match with Karen Coppock	08	09 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	10
11	12	13	14 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	15	16 1:30 – Always Active Exercise 2:45 – Marbling Art	17
18	19	20	21 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	22	23 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	24
25	26	27	28 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	29	30 1:30 – Always Active Exercise 2:30 – Meet Your Neighbors	31

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

