



# August 2019

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

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](mailto:nicky@sfcommunityliving.org)

