



January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01	02 1:30 – Always Active Exercise 2:45 - Meet Your Neighbors	03
05	06 1:30 – Always Active Exercise 2:45 – Writing for Remembering	07 9:45 – Reading Hour with Stepping Stone Preschoolers (1329 7 th Ave) 1:30 – Chair Yoga 2:45 – Tea Time	08	09 1:30 – Always Active Exercise 2:45 - Meet Your Neighbors	10	11
12	13 1:30 – Always Active Exercise 2:45 – Meet Your Neighbors	14 1:30 – Dance for Strength 2:45 – Tea Time	15	16 1:30 – Always Active Exercise 2:45 - Meet Your Neighbors	17	18
19	20 	21 1:30 – Chair Yoga 2:45 – Tea Time	22	23 1:30 – Always Active Exercise 2:45 – Hospital Stay: Know Your Rights	24	25
26	27 1:30 – Always Active Exercise 2:45 – CHIPPS Senior Injury Prevention	28 1:30 – Dance for Strength 2:45 – Tea Time	29	30 1:30 – Always Active Exercise 2:45 – Chinese New Year/Birthdays Potluck	31	

All events at **St. Anne of the Sunset Catholic Church**. Enter the Community Hall on Funston between Judah and Irving. Accessible ramp to right of entry doors before playground.

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