



March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03	04	05	06	07
	1:30 – Always Active Exercise 2:45 – Writing for Remembering	1:30 – Chair Yoga 2:30 – Tea Time *CA Primary*		1:30 – Always Active Exercise 2:30 – Snacks with Neighbors		
08	09	10	11	12	13	14
	1:30 – Always Active Exercise 2:45 – Spring Wreath Making	1:30 – Dance for Strength 2:30 – Tea Time		1:30 – Always Active Exercise 2:45 – Brain Health		
15	16	17	18	19	20	21
12pm – District 5 Dean Preston Neighborhood Outreach (Tartine on 9 th Ave)	1:30 – Always Active Exercise 2:45 – Writing for Remembering	1:30 – Chair Yoga 2:30 – Tea Time		1:30 – Always Active Exercise (in Gym) 2:45 – Fall Prevention		1pm – Tabling at Sunset Library (18 th /Irving)
22	23	24	25	26	27	28
	1:30 – Always Active Exercise 2:30 – Snacks with Neighbors	1:30 – Dance for Strength 2:30 – Tea Time	6:30 – SHARP Monthly Meeting (1736 9 th Ave, between Moraga & Noriega)	1:30 – Always Active Exercise 2:30 – Snacks with Neighbors		
29	30	31				
	1:30 – Always Active Exercise 2:45 – March Birthdays Potluck	1:30 – Chair Yoga 2:30 – Tea Time				

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