



July 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|--------------------------------------|--|---|--------|----------|
| | 01 | 02 10:30 – Always Active Exercise | 03 10:30 – Always Active Exercise (MPIC Clubhouse) 11:30 – Meet Your Neighbors | 04  | 05 | 06 |
| 07 | 08 | 09 10:30 – Always Active Exercise | 10 10:30 – Always Active Exercise (MPIC Clubhouse) 11:30 – Meet Your Neighbors | 11 10:30 – Always Active Exercise 11:30 – Pot Luck & Board Games | 12 | 13 |
| 14 | 15 | 16 10:30 – Always Active Exercise | 17 10:30 – Always Active Exercise (MPIC Clubhouse) 11:30 – Meet Your Neighbors | 18 10:30 – Always Active Exercise 11:30 – Pizza & Bingo | 19 | 20 |
| 21 | 22 | 23 10:30 – Always Active Exercise | 24 10:30 – Always Active Exercise (MPIC Clubhouse) 11:30 – Meet Your Neighbors | 25 10:30 – Always Active Exercise 11:30 – Gardening for Health & Wellbeing | 26 | 27 |
| 28 | 29 | 30 10:30 – Always Active Exercise | 31 10:30 – Always Active Exercise (MPIC Clubhouse) 11:30 – Meet Your Neighbors | 10:30 – Always Active Exercise | | |

Unless Otherwise Noted: All Tuesday & Thursday events are at Cornerstone Baptist Church (480 Teresita Blvd) and all Wednesday events are held at the MPIC Clubhouse (350 O'Shaughnessy Blvd).

For more information: Call Darlene at 415.821.1003; ext. 117 or email darlene@sfcommunityliving.org

