



# 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@sfccommunityliving.org](mailto:darlene@sfccommunityliving.org)

