

Cloverdale Senior Multipurpose Center

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 08:15a Walking Group 09:00a Haircuts 09:00a Yoga 10:10a Qigong Tai - Chi 11:00a Adv. Spanish 01:15p Bingo	4	5 08:15a Walking Group 09:00a Yoga 10:00a HICAP 10:00a SRJC Art Class 12:00p Lunch 01:00p Writers Workshop	6 10:15a Nimble Fingers 12:00p Lunch 01:30p Strength Training	7 08:15a Walking Group 10:00a Basic Internet Class 10:00a Legal Aid 11:00a Smart Phone Help 12:00p Lunch 12:30p Friday Games 01:00p Writers Workshop	8
9	10 08:15a Walking Group 09:00a Yoga 10:10a Qigong Tai - Chi 11:00a Adv. Spanish 12:00p Lunch 01:15p Bingo 02:30p Bunco	11 09:00a Yoga 10:00a Jeweled Tree Class 10:00a Womens Group 10:15a Line Dancing 12:00p Lunch 01:00p Ted Talks Discussion Group 01:30p Strength Training 05:30p Meditation Circle	12 08:15a Walking Group 09:00a Yoga 09:30a Legal Counseling 10:00a SRJC Art Class 12:00p Lunch 01:00p Writers Workshop	13 09:00a Hearing Screening 10:15a Nimble Fingers 12:00p Lunch 01:30p Strength Training	14 08:15a Walking Group 10:00a Basic Internet Class 11:00a Smart Phone Help 12:00p Lunch 12:30p Friday Games 01:00p Writers Workshop	15
16	17 08:15a Walking Group 09:00a Yoga 10:10a Qigong Tai - Chi 11:00a Adv. Spanish 12:00p Lunch 01:15p Bingo	18 09:00a Yoga 10:00a Jeweled Tree Class 10:00a Womens Group 10:15a Line Dancing 12:00p Lunch 01:00p Ted Talks Discussion Group 01:30p Strength Training 05:30p Meditation Circle	19 08:15a Walking Group 09:00a Yoga 10:00a SRJC Art Class 12:00p Lunch 01:15p Movie & Popcorn	20 10:15a Nimble Fingers 12:00p Lunch 12:30p Monthly Birthday Celebration 01:30p Strength Training 04:15p Board of Directors Meeting	21 08:15a Walking Group 10:00a Basic Internet Class 10:00a Legal Aid 11:00a Smart Phone Help 12:00p Lunch 12:30p Friday Games	22
23	24 08:15a Walking Group 09:00a Yoga 10:10a Qigong Tai - Chi 11:00a Adv. Spanish 12:00p Lunch 01:15p Bingo	25 09:00a Yoga 10:00a Jeweled Tree Class 10:00a Womens Group 10:15a Line Dancing 12:00p Lunch 01:00p Ted Talks Discussion Group 01:30p Strength Training 05:30p Meditation Circle	26 08:15a Walking Group 09:00a Yoga 10:00a SRJC Art Class 12:00p Lunch 01:15p Movie & Popcorn 01:30p Telephone Access Program	27 09:00a Caregivers Group 10:15a Nimble Fingers 12:00p Lunch 01:30p Strength Training	28 08:15a Walking Group 10:00a Basic Internet Class 11:00a Smart Phone Help 12:00p Lunch 12:30p Friday Games	29
30	31 08:15a Walking Group 09:00a Yoga 10:10a Qigong Tai - Chi 11:00a Adv. Spanish 12:00p Lunch 01:15p Bingo					