

Cloverdale Senior Multipurpose Center

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					08:15a Walking Group 09:00a .Socializing/Just Visiting 09:00a .Support 09:00a Computer Room 10:00a Legal Aid 11:00a Smart Phone Help 11:30a Lunch 12:30p Friday Games	
3	4	5	6	7	8	9
		09:00a .Socializing/Just Visiting 09:00a .Support 09:00a Computer Room 09:00a Yoga 10:00a Womens Group 10:15a Line Dancing 11:30a Lunch 01:00p Ted Talks Discussion Group 01:30p Strength Training 05:30p Meditation Circle	08:15a Walking Group 09:00a .Socializing/Just Visiting 09:00a .Support 09:00a Computer Room 09:00a Yoga 10:00a HICAP 10:00a SRJC Art Class 11:30a Lunch	09:00a .Socializing/Just Visiting 09:00a .Support 09:00a Computer Room 10:15a Nimble Fingers 11:30a Lunch 01:30p Strength Training	08:15a Walking Group 09:00a .Socializing/Just Visiting 09:00a .Support 09:00a Computer Room 11:00a Smart Phone Help 11:30a Lunch 12:30p Friday Games	06:00a Rumage Sale 08:00a Pancake Breakfast
10	11	12	13	14	15	16
08:15a Walking Group 08:30a Restorative Yoga 09:00a .Socializing/Just Visiting 09:00a .Support 09:00a Computer Room 09:00a Yoga 10:10a Qigong Tai - Chi 11:00a Adv. Spanish 11:30a Lunch 01:15p Bingo 03:15p Bunco	09:00a .Socializing/Just Visiting 09:00a .Support 09:00a Computer Room 09:00a Yoga 10:00a Womens Group 10:15a Line Dancing 11:30a Lunch 01:00p Ted Talks Discussion Group 01:30p Strength Training 05:30p Meditation Circle	08:15a Walking Group 09:00a .Socializing/Just Visiting 09:00a .Support 09:00a Computer Room 09:00a Yoga 09:30a Legal Counseling 10:00a Ennenegram 10:00a SRJC Art Class 11:30a Lunch 01:00p Flu Shot Clinic	09:00a .Socializing/Just Visiting 09:00a .Support 09:00a Computer Room 10:00a Strengthening Spirit Deepening Wisdom Class 10:15a Nimble Fingers 11:30a Lunch 01:30p Strength Training	08:15a Walking Group 09:00a .Socializing/Just Visiting 09:00a .Support 09:00a Computer Room 10:00a Legal Aid 11:00a Smart Phone Help 11:30a Lunch 12:30p Friday Games		
17	18	19	20	21	22	23
	08:15a Walking Group 09:00a .Socializing/Just Visiting	09:00a .Socializing/Just Visiting 09:00a .Support	08:15a Walking Group 09:00a .Socializing/Just Visiting	09:00a .Socializing/Just Visiting 09:00a .Support	08:15a Walking Group 09:00a .Socializing/Just Visiting	

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17	18	19	20	21	22	23
	09:00a .Support 09:00a Computer Room 09:00a Yoga 10:10a Qigong Tai - Chi 11:00a Adv. Spanish 11:30a Lunch 01:15p Bingo	09:00a Computer Room 09:00a Yoga 10:00a Womens Group 10:15a Line Dancing 11:30a Lunch 01:00p Ted Talks Discussion Group 01:30p Strength Training 05:30p Meditation Circle	09:00a .Support 09:00a Computer Room 09:00a Yoga 10:00a Ennenegram 10:00a SRJC Art Class 11:30a Lunch	09:00a Computer Room 10:00a Strengthening Spirit Deepening Wisdom Class 10:15a Nimble Fingers 11:30a Lunch 12:30p Monthly Birthday Celebration 01:30p Strength Training 04:15p Board of Directors Meeting	09:00a .Support 09:00a Computer Room 11:00a Smart Phone Help 11:30a Lunch 12:30p Friday Games	
24	25	26	27	28	29	
	08:15a Walking Group 09:00a .Socializing/Just Visiting 09:00a .Support 09:00a Computer Room 09:00a Yoga 10:10a Qigong Tai - Chi 11:00a Adv. Spanish 11:30a Lunch 01:15p Bingo	09:00a .Socializing/Just Visiting 09:00a .Support 09:00a Computer Room 09:00a Yoga 10:00a Womens Group 10:15a Line Dancing 11:30a Lunch 01:00p Ted Talks Discussion Group 01:30p Strength Training 05:30p Meditation Circle	08:15a Walking Group 09:00a .Socializing/Just Visiting 09:00a .Support 09:00a Computer Room 09:00a Yoga 10:00a Ennenegram 10:00a SRJC Art Class 11:30a Lunch	09:00a .Socializing/Just Visiting 09:00a .Support 09:00a Caregivers Group 09:00a Computer Room 10:00a Strengthening Spirit Deepening Wisdom Class 10:15a Nimble Fingers 11:30a Lunch 01:30p Strength Training 02:00p Alzheimerâs Presentation	08:15a Walking Group 09:00a .Socializing/Just Visiting 09:00a .Support 09:00a Computer Room 11:00a Smart Phone Help 11:30a Lunch 12:30p Friday Games	