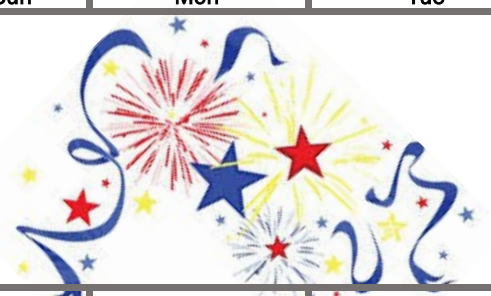






We are gradually allowing some small groups of 10 or fewer people, to meet at the center with adherence to social distancing and new procedures. Please see the "Mark Your Calendars" section on page 5 for more information. Activities in blue below have arranged to meet.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:15am Walking Group 8:45am Yoga 9:30am HICAP (by appt.) 10am Chair Yoga 11:30am Lunch 2pm Bunco 4-5pm BOARD MEETING	2 10:15am Nimble Fingers 11:30am Lunch 1:30pm Strength Training	3 Closed No Staff Available by Phones No Sonoma Family Meals Distribution	4 
			5	6 8:15am Walking Group 8:45am Yoga 9am Haircuts (by appt.) 10am Qigong Practice 11am Adv. Spanish 11:30am Lunch 1:15pm Bingo	7 8:45am Yoga 10am Women's Group 10am Line Dancing 11:30am Lunch 1-4pm Pinochle 1:30pm TED Talks 1:30pm Strength Training 6pm Meditation Circle	8 8:15am Walking Group 8:45am Yoga 10am Chair Yoga 10-1 Podiatrist (by appt.) 11:30am Lunch 12:45-1:45pm ASL Class 2-4pm SoulCollage Group
12	13 8:15am Walking Group 8:45am Yoga 10am Qigong Practice 11am Adv. Spanish 11:30am Lunch 1:15pm Bingo	14 8:45am Yoga 10am Women's Group 10am Line Dancing 11:30am Lunch 1-4pm Pinochle 1-2:30pm HEALTH ACTION COM. MTG 1:30pm TED Talks 1:30pm Strength Training 6pm Meditation Circle	15 8:15am Walking Group 8:45am Yoga 10am Chair Yoga 11:30am Lunch 12:45-1:45pm ASL Class	16 10:15am Nimble Fingers 11:30am Lunch 1:30pm Strength Training	17 8:15am Walking Group 9am Legal Aid (by appt.) 10am Senior Produce Market 10am Sonoma Family Meals Distribution 11:30am Brunch 1-4pm Games	18 
19	20 8:15am Walking Group 8:45am Yoga 10am Qigong Practice 11am Adv. Spanish 11:30am Lunch 1:15pm Bingo	21 8:45 Yoga 10am Women's Group 10am Line Dancing 11:30am Lunch 1-4pm Pinochle 1:30pm TED Talks 1:30pm Strength Training 6pm Meditation Circle	22 8:15 am Walking Group 8:45am Yoga 10am Chair Yoga 11:30am Lunch 2-4pm SoulCollage Group 2-3:30pm Caregivers Group	23 10:15am Nimble Fingers 11:30am Lunch 1:30pm Strength Training	24 8:15am Walking Group 9am Legal Aid (by appt.) 9:15-10:15am Guitar Lessons with Beth 10am Senior Produce Market 10am Sonoma Family Meals Distribution 11:30am Brunch 1-4pm Games	25 
26 	27 8:15am Walking Group 8:45am Yoga 10am Qigong Practice 11am Adv. Spanish 11:30am Lunch 1:15pm Bingo	28 8:45am Yoga 10am Women's Group 10am Line Dancing 11:30am Lunch 1-4pm Pinochle 1:30pm TED Talks 1:30pm Strength Training 6pm Meditation Circle	29 8:15 am Walking Group 8:45am Yoga 10am Chair Yoga 11:30am Lunch	30 10:15am Nimble Fingers 11:30am Lunch 1:30pm Strength Training	31 8:15am Walking Group 9am Legal Aid (by appt.) 10am Senior Produce Market 10am Sonoma Family Meals Distribution 11:30am Brunch 1-4pm Games	1

Yoga with Eileen Baker will continue to be offered by Zoom. Please contact Eileen for details: eileenbaker88@sbcglobal.net
Board of Director's Meetings will be held on Zoom. Please email the center for an invitation if you wish to attend.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 8:15am Walking Group 8:45am Yoga 9am Haircuts (by appt.) 10am Qigong Practice 11am Adv. Spanish 11:30am Lunch 1:15pm Bingo	4 8:45am Yoga 10am Women's Group 10am Line Dancing 11:30am Lunch 1-4pm Pinochle 1:30pm TED Talks 1:30pm Strength Training 6pm Meditation Circle	5 8:15am Walking Group 8:45am Yoga 9:30am HICAP (by appt.) 10am Chair Yoga 11:30am Lunch 2pm Bunco 4-5pm BOARD MEETING	6 10:15am Nimble Fingers 11:30am Lunch 1:30pm Strength Training	7 8:15am Walking Group 9am Legal Aid (by appt.) 10am Senior Produce Market 11:30am Brunch 1-4pm Games	8 
9	10 8:15am Walking Group 8:45am Yoga 10am Qigong Practice 11am Adv. Spanish 11:30am Lunch 1:15pm Bingo	11 8:45am Yoga 10am Women's Group 10am Line Dancing 11:30am Lunch 1-4pm Pinochle 1-2:30pm HEALTH ACTION COM. MTG 1:30pm TED Talks 1:30pm Strength Training 6pm Meditation Circle	12 8:15am Walking Group 8:45am Yoga 10am Chair Yoga 10-1 Podiatrist (by appt.) 11:30am Lunch 12:45-1:45pm ASL Class 2-4pm SoulCollage Group	13 10:15am Nimble Fingers 11:30am Lunch 12:30-1:30pm Redwood Empire Food Bank Distribution 1:30pm Strength Training	14 8:15am Walking Group 9am Legal Aid (by appt.) 9:15-10:15am Guitar Lessons with Beth 10am Senior Produce Market 11:30am Brunch 1-4pm Games	15
16	17 8:15am Walking Group 8:45am Yoga 10am Qigong Practice 11am Adv. Spanish 11:30am Lunch 1:15pm Bingo	18 8:45am Yoga 10am Women's Group 10am Line Dancing 11:30am Lunch 1-4pm Pinochle 1:30pm TED Talks 1:30pm Strength Training 6pm Meditation Circle	19 8:15am Walking Group 8:45am Yoga 10am Chair Yoga 11:30am Lunch 12:45-1:45pm ASL Class	20 10:15am Nimble Fingers 11:30am Lunch 1:30pm Strength Training	21 8:15am Walking Group 9am Legal Aid (by appt.) 10am Senior Produce Market 11:30am Brunch 1-4pm Games	22 
23 	24 8:15am Walking Group 8:45am Yoga 10am Qigong Practice 11am Adv. Spanish 11:30am Lunch 1:15pm Bingo	25 8:45am Yoga 10am Women's Group 10am Line Dancing 11:30 Lunch 1-4pm Pinochle 1:30pm TED Talks 1:30pm Strength Training 6pm Meditation	26 8:15 am Walking Group 8:45am Yoga 10am Chair Yoga 11:30am Lunch 2-4pm SoulCollage Group 2-3:30pm Caregivers Group	27 10:15am Nimble Fingers 11:30am Lunch 1:30pm Strength Training	28 8:15am Walking Group 9am Legal Aid (by appt.) 9:15-10:15am Guitar Lessons with Beth 10am Senior Produce Market 11:30am Brunch 1-4pm Games	29
30	31 8:15am Walking Group 8:45am Yoga 10am Qigong Practice 11am Adv. Spanish 11:30am Lunch 1:15pm Bingo					