

SUN	MON	TUE	WED	THUR	FRI	SAT	
	<b>1</b> 10:30 Yoga for Seniors 2:45 Movie Matinee Monday	<b>2</b>	<b>3</b> 9:30 Meditation Class 10:30 ESL 11:00 Senior Stitches 12:45 Bookmobile	<b>4</b> 1:00 4th of July BBQ	<b>5</b> 10:30 Chair Exercise 12:30 Dance/Exercise Class	<b>6</b> 2:00 Catholic Mass	<b>7</b>
<b>8</b> 3:00 Empower and Excel Technology Tutoring	<b>9</b> 10:30 Yoga for Seniors	<b>10</b> 9:30 Meditation Class 10:00 Health Talk - English/Chinese 10:30 ESL 11:00 Senior Stitches 12:45 Bookmobile	<b>11</b> 1:30 Food Committee Meeting 2:00 Blood Pressure Checks	<b>12</b> 10:30 Chair Exercise	<b>13</b> 1:00 Cooking Demo & Food Tasting	<b>14</b>	
<b>15</b> 10:30 Yoga for Seniors 2:45 Movie Matinee Monday	<b>16</b>	<b>17</b> 9:30 Meditation Class 10:30 ESL 11:00 Senior Stitches 12:45 Bookmobile	<b>18</b>	<b>19</b> 12:30 Dance/Exercise Class 10:30 Planning Meeting 10:30 Chair Exercise	<b>20</b> 1:00 Adult Coloring 4:00 Birthday Buffet	<b>21</b>	
<b>22</b> 10:30 Yoga for Seniors	<b>23</b>	<b>24</b> 9:30 Meditation Class 10:30 ESL 11:00 Senior Stitches 12:45 Bookmobile 2:00 Furry Friends-HOME VISITS!	<b>25</b> 10:15 Target-San Jose Market Center 11:00 Natural Beauty Class	<b>26</b> 10:30 Chair Exercise 12:15 Triton Art Musuem/Rocko's Ice Cream Tacos	<b>27</b> 10:00 Safeway - Homestead Shopping 2:45 International Movie	<b>28</b>	
<b>29</b> 10:30 Yoga for Seniors 11:45 International Lunch Bunch	<b>30</b>	<b>31</b> 9:30 Meditation Class 10:30 ESL 11:00 Senior Stitches 12:45 Bookmobile					

# July 2018

Liberty Tower (408) 374-9511 ext. 2022



SANTA CLARA  
METHODIST  
RETIREMENT FOUNDATION