

SUN	MON	TUE	WED	THUR	FRI	SAT
1 10:00 Sitting Exercise 10:00 Bilingual Bible Study	2 8:30 Mahjong/ Table Games 10:00 Chair Exercise 2:00 Tai Chi 2:45 Movie	3 1:00 4th of July BBQ 2:45 Special Holiday Movie	4 9:30 Steps for Change 10:30 ESL 1:00 Dance Class 1:30 Mahjong/Table Games	5 10:00 Sitting Exercise 7:30 Dominos 8:00 Bilingual Bible Study	6 6:00 Dominos	7
8 10:00 Sitting Exercise 10:00 Bilingual Bible Study 1:00 Adult Coloring	9 8:30 Mahjong/ Table Games 10:00 Chair Exercise 1:00 Bingo 1:00 Blood Pressure Checks with Marian 2:00 Tai Chi	10 10:00 Chair Exercise 3:00 Karaoke	11 9:30 Steps for Change 10:30 ESL 1:00 Cooking Demo & Food Tasting 1:30 Mahjong/Table Games	12 10:00 Sitting Exercise 1:00 Card Making Class 2:20 Bookmobile 7:30 Dominos 8:00 Bilingual Bible Study	13 11:00 Empower and Excel Technology Tutoring 6:00 Dominos	14
15 10:00 Sitting Exercise 10:00 Bilingual Bible Study	16 8:30 Mahjong/ Table Games 10:00 Chair Exercise 10:30 Planning Meeting 2:00 Tai Chi 2:45 Movie	17 10:00 Health Talk - English/ Chinese 10:00 Chair Exercise 1:00 Natural Beauty Class	18 9:30 Steps for Change 10:30 ESL 1:00 Dance Class 1:30 Mahjong/Table Games	19 10:00 Sitting Exercise 7:30 Dominos 8:00 Bilingual Bible Study	20 6:00 Dominos	21
22 10:00 Sitting Exercise 10:00 Bilingual Bible Study	23 8:30 Mahjong/ Table Games 10:00 Chair Exercise 1:30 Food Committee Meeting 2:00 Furry Friends 2:00 Tai Chi	24 10:00 Chair Exercise 10:00 Target-San Jose Market Center 3:00 Karaoke	25 9:30 Steps for Change 10:30 ESL 12:00 Triton Art Musuem/Rocko's Ice Cream Tacos 1:30 Mahjong/Table Games 7:00 International Movie Screening	26 10:00 Sitting Exercise 1:30 Safeway Shopping 2:20 Bookmobile 4:00 Birthday Buffet 7:30 Dominos 8:00 Bilingual Bible Study	27 6:00 Dominos	28
29 10:00 Sitting Exercise 10:00 Bilingual Bible Study 11:30 International Lunch Bunch	30 8:30 Mahjong/ Table Games 10:00 Chair Exercise 10:00 Lion Market 2:00 Tai Chi	31				

July 2018

Wesley Manor (408) 374-9511 ext. 2022

