

SUN	MON	TUE	WED	THUR	FRI	SAT						
		8:30 Mah Jong/Table Games 10:00 Chair Exercise 2:00 Tai Chi 2:45 Movie - Ray's Pick of the Week	1	9:00 Group Walk 10:00 Chair Exercise 7:00 Sing A Long	2	10:30 ESL 1:00 Adult Coloring 1:30 Mah Jong/Table Games	3	10:00 Sitting Exercise 11:00 Meditation Class 1:00 Origami Folding Class 7:30 Dominos	4	6:00 Dominos	5	
6	10:00 Sitting Exercise	7	8:30 Mah Jong/Table Games 10:00 Chair Exercise 2:00 Tai Chi 2:45 Movie	8	9:00 Group Walk 10:00 Chair Exercise 10:30 SCFHP Presentation 3:00 Karaoke 7:00 Sing A Long	9	10:30 ESL 1:30 Mah Jong/Table Games	10	10:00 Sitting Exercise 1:00 Halloween Craft Day 2:20 Bookmobile 7:30 Dominos	11	11:00 Empower and Excel Technology Tutoring 6:00 Dominos	12
13	9:30 Art Class with Bobbie 10:00 Sitting Exercise 11:00 Singing and Music Performance	14	8:30 Mah Jong/Table Games 10:00 Chair Exercise 10:30 Recycling Presentation 2:00 Tai Chi 2:45 Movie - Ray's Pick of the Week	15	9:00 Group Walk 10:00 Chair Exercise 7:00 Sing A Long	16	10:30 ESL 1:00 Adult Coloring 1:30 Mah Jong/Table Games	17	10:00 Sitting Exercise 11:00 Meditation Class 1:00 Origami Folding Class 7:30 Dominos	18	6:00 Dominos	19
20	9:30 Art Class with Bobbie 10:00 Sitting Exercise	21	8:30 Mah Jong/Table Games 10:00 Chair Exercise 2:00 Tai Chi 2:45 Movie	22	9:00 Group Walk 10:00 Chair Exercise 3:00 Karaoke 7:00 Sing A Long	23	10:30 ESL 1:00 Planning Meeting 1:30 Mah Jong/Table Games	24	10:00 Sitting Exercise 2:20 Bookmobile 4:00 Birthday Buffet 7:30 Dominos	25	6:00 Dominos	26
27	9:30 Art Class with Bobbie 10:00 Sitting Exercise 10:00 Chinese Bible Study	28	8:30 Mah Jong/Table Games 10:00 Chair Exercise 2:00 Tai Chi 2:45 Movie - Ray's Pick of the Week	29	9:00 Group Walk 10:00 Chair Exercise 11:00 HICAP Presentation 1:00 Bingo 7:00 Sing A Long	30	Halloween 10:30 ESL 1:30 Mah Jong/Table Games 2:00 Halloween Party! 7:00 International Movie Screening	31				

October 2019

Wesley Manor (408) 374-9511 ext. 2022



SANTA CLARA
METHODIST
RETIREMENT FOUNDATION