

SUN	MON	TUE	WED	THUR	FRI	SAT					
	<b>1</b> <b>Labor Day</b> 10:30 Yoga for Seniors 1:00 Labor Day BBQ 2:45 Movie Matinee Monday	<b>2</b>	<b>3</b>	10:15 Walmart (Almaden) <b>1:00 Cooking Demo &amp; Food Tasting</b> <b>2:00 Food Committee Meeting</b>	<b>4</b>	10:30 Focus Group 10:30 Chair Exercise <b>1:00 Origami Folding Class</b>	<b>5</b>	10:00 Meditation Class 10:00 Safeway - Homestead Shopping <b>2:00 Catholic Mass</b>	<b>6</b>	<b>7</b>	
<b>3:00 Empower and Excel Technology Tutoring</b>	<b>8</b> 10:30 Yoga for Seniors	<b>9</b>	10:15 Lion Market 10:30 ESL	<b>10</b>	<b>8:45 California Academy of Sciences</b> <b>1:00 Senior Stitches</b>	<b>11</b>	<b>10:15 San Jose City College Cosmetology</b> 10:30 Chair Exercise <b>1:00 Mooncake Social</b>	<b>12</b>	10:30 Tea Social 1:30 Lucky's - El Camino/Lawrence	<b>13</b>	<b>14</b>
<b>15</b>	9:00 Art Classes with Bobbie 10:30 Yoga for Seniors 2:45 Movie Matinee Monday	<b>16</b>	<b>9:15 Seymour Marine Discovery Center</b> 10:30 ESL	<b>17</b>	10:15 Trader Joe's Pruneyard <b>1:00 Group Walk</b> <b>3:30 Podiatric Presentation</b>	<b>18</b>	10:30 Chair Exercise <b>11:15 International Lunch Bunch</b>	<b>19</b>	10:00 Sprouts Shopping <b>1:00 Planning Meeting</b> 4:00 Birthday Buffet	<b>20</b>	<b>21</b>
<b>22</b>	10:30 Yoga for Seniors <b>1:00 Health Talk on Diabetes</b>	<b>23</b>	10:15 Saver's 10:30 ESL <b>2:00 Furry Friends!</b>	<b>24</b>	10:15 Walmart - Stevens Creek <b>1:00 Bingo</b>	<b>25</b>	<b>8:45 Happy Hollow Park &amp; Zoo</b> 10:30 Chair Exercise	<b>26</b>	10:00 Meditation Class <b>1:00 Flu Shot Clinic</b> 1:30 Grocery Outlet (Homestead) Shopping	<b>27</b>	<b>28</b>
<b>29</b>	10:30 Yoga for Seniors	<b>30</b>									

# September 2019

Liberty Tower (408) 374-9511 ext. 2022



SANTA CLARA  
METHODIST  
RETIREMENT FOUNDATION