

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>1</b> Labor Day 10:00 Sitting Exercise <b>1:00 Labor Day BBQ</b>	<b>2</b> 8:30 Mah Jong/Table Games 10:00 Chair Exercise 2:00 Tai Chi 2:45 Movie - Ray's Pick of the Week	<b>3</b> 9:00 Group Walk 10:00 Walmart - Almaden 10:00 Chair Exercise 7:00 Sing A Long	<b>4</b> 9:30 Steps for Change 1:30 Mah Jong/Table Games	<b>5</b> 10:00 Sitting Exercise <b>11:00 Origami Folding Class</b> 1:30 Safeway Shopping 7:30 Dominos	<b>6</b> 6:00 Dominos	<b>7</b>
<b>8</b> 10:00 Sitting Exercise	<b>9</b> 8:30 Mah Jong/Table Games 10:00 Chair Exercise 10:00 Lion Market 1:00 Focus Group 2:00 Tai Chi 2:45 Movie	<b>10</b> 8:30 Mah Jong/Table Games 10:00 Chair Exercise 10:00 Trader Joe's - Pruneyard <b>11:00 Podiatric Presentation</b> 7:00 Sing A Long	<b>11</b> 8:30 California Academy of Sciences 10:00 Chair Exercise 3:00 Karaoke 7:00 Sing A Long	<b>12</b> 9:30 Steps for Change <b>10:00 San Jose City College Cosmetology</b> 10:30 ESL 1:30 Mah Jong/Table Games	<b>13</b> 10:00 Sitting Exercise 10:00 Sprouts Shopping 11:00 Meditation Class <b>1:00 Mooncake Social</b> 2:20 Bookmobile 7:30 Dominos	<b>14</b> <b>11:00 Empower and Excel Technology Tutoring</b> 6:00 Dominos
<b>15</b> 10:00 Sitting Exercise	<b>16</b> 8:30 Mah Jong/Table Games <b>9:00 Seymour Marine Discovery Center</b> 10:00 Chair Exercise 2:00 Tai Chi 2:45 Movie - Ray's Pick of the Week	<b>17</b> 10:00 Chair Exercise 10:00 Trader Joe's - Pruneyard <b>11:00 Podiatric Presentation</b> 7:00 Sing A Long	<b>18</b> 10:00 Chair Exercise 10:30 ESL <b>11:00 International Lunch Bunch</b> 1:30 Mah Jong/Table Games	<b>19</b> 9:30 Steps for Change 10:30 ESL <b>11:00 International Lunch Bunch</b> 1:30 Mah Jong/Table Games	<b>20</b> <b>10:00 Planning Meeting</b> 10:00 Sitting Exercise 11:00 Meditation Class 1:30 Lucky's (Camden) 7:30 Dominos	<b>21</b> 6:00 Dominos
<b>22</b> 10:00 Sitting Exercise 10:00 Chinese Bible Study <b>11:00 Health Talk on Diabetes</b>	<b>23</b> 8:30 Mah Jong/Table Games 10:00 Chair Exercise 10:00 Saver's <b>1:00 Cooking Demo &amp; Food Tasting</b> <b>2:00 Food Committee Meeting</b> 2:00 Tai Chi 2:45 Movie	<b>24</b> 10:00 Chair Exercise 10:00 Walmart - Stevens Creek 11:00 Tea Social 3:00 Karaoke 7:00 Sing A Long	<b>25</b> 10:00 Chair Exercise 10:00 Walmart - Stevens Creek 11:00 Tea Social 3:00 Karaoke 7:00 Sing A Long	<b>26</b> <b>8:30 Happy Hollow Park &amp; Zoo</b> 9:30 Steps for Change 10:30 ESL <b>1:00 Bingo</b> 1:30 Mah Jong/Table Games <b>7:00 International Movie Screening</b>	<b>27</b> 10:00 Sitting Exercise 10:00 Costco-Almaden <b>11:00 Flu Shot Clinic</b> 2:20 Bookmobile 4:00 Birthday Buffet 7:30 Dominos	<b>28</b> 6:00 Dominos
<b>29</b> 10:00 Sitting Exercise	<b>30</b>					

# September 2019

Wesley Manor (408) 374-9511 ext. 2022

