




CLOVERDALE SENIOR CENTER

Event Calendar - August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:15am Walking Group 9am Yoga 10:00 am SRJC Art Class 12:00pm Lunch 2:30-4:30 Local Care for Local Elders Client Appreciation Party	2 9 am Yoga 10:15am Nimble Fingers 12:00pm Lunch 1:30pm Strength training	3 8:15am Walking group 10am Senior Produce Market 12:00pm Lunch 12:30pm-5pm Games SENIOR DAY FREE 60+ AT SONOMA COUNTY FAIR	4
5	6 8:15am Walking Group 9am HAIRCUTS 9am Yoga 10:15am Qigong Tai Chi 11am ADV Spanish 12:00pm Lunch 1:15pm Bingo	7 9am Yoga 10am Women's Group 10am Writing your Life @Cloverdale Museum 10:15am Line Dancing 12:00pm Lunch 1:30pm Strength Training 6:00pm Meditation Circle 6-9PM NATIONAL NIGHT OUT AT CLOVERDALE PLAZA	8 8:15am Walking Group 9am Yoga 9:30am Legal Counseling (By Appt) 10:00 am SRJC Art Class 10:30-1 Podiatrist by appt 11:30am-1pm Blood Pressure Check 12:00pm Lunch 2pm Collage Group	9 9 am Yoga 10:15am Nimble Fingers 12:00pm Lunch 1:30pm Strength training	10 8:15am Walking group 10am Senior Produce Market 10:30-11:30 Guitar Lessons with Beth by appt. 12:00pm Lunch 12:30pm-5pm Games SENIOR DAY FREE 60+ AT SONOMA COUNTY FAIR	11
12	13 8:15am Walking Group 9am Yoga 10:15am Qigong Tai Chi 11am ADV Spanish 12:00pm Lunch 1:15pm Bingo 3:15 BUNCO	14 9am Yoga 10 am Women's Group 10:15am Line Dancing 12:00pm Lunch 1:30pm Strength Training 6:00pm Meditation Circle	15 8:15 am Walking Group 9am Yoga 12:00pm Lunch 1:00pm Meet and Greet With Mardi 2:30 pm Fermentation and More	16 9am Yoga 10:15am Nimble Fingers 12:00-3:00 FREE MEDICAL AND DENTAL HEALTH SCREENINGS 12:00pm Lunch 12:30 Monthly BIRTHDAY PARTY! 1:30pm Strength training  5:00pm Board Meeting	17 8:15am Walking Group 10 am Senior Produce Market 12:00pm Lunch 12:30-pm-5pm Games	18
19	20 8:15am Walking Group 9am Yoga 10:15am Qigong Tai Chi 11am ADV Spanish 12:00pm Lunch 1:15pm Bingo	21 9am Yoga 10am Women's Group 10am Writing your Life @Cloverdale Museum 10:15am Line Dancing 12:00pm Lunch 1:30pm Strength Training 6:00pm Meditation Circle	22 8:15am Walking Group 9am Yoga 11:30am-1pm Blood Pressure Check 10:00 am SRJC Art Class 12:00pm Lunch 12:15 Brigid Wasson: Pet Presentation 2:00pm Collage Group	23 9am Yoga 9:30-11:30 am Caregivers Group 10:30-11:30 Dan FitzSimmons Presenter: Values of a Plant Based Diet 10:15am Nimble Fingers 12:00pm Lunch 1:30pm Strength training	24 8:15am Walking group 10am Senior Produce Market 10:30-11:30 Guitar Lessons with Beth by appt. 12:00pm Lunch 12:30-5:00pm Games	25



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NEW THIS YEAR:

August 10th and 24th, Friday, 10:30-11:30

Guitar Lessons with Beth by appointment

August 15th, 1:00

Meet and Greet New Members with Mardi

August 15th, at 2:30

Fermentation and More

Thursdays at 9:00

Yoga with Bruce Johnson

SPECIAL EVENT:

August 1st, 2:30-4:30

Local Care for Local Elders Client Appreciation Party

August 7th, 6:00-9:00 pm

National Night Out at Cloverdale Plaza

August 16, 12:00-3:00

Free Health and Dental Screenings (Alexander Valley Healthcare)

SPECIAL PRESENTATION:

August 23, 10:30-11:30

Caregiver's Group Presenter: Dan FitzSimmons, Values of a Plant Based Diet

August 22, 12:15

Brigid Wasson: Missing Pets/Prevention

SONOMA COUNTY FAIR AUGUST 2-12, SENIOR DAY FREE 60+ AUGUST 3RD AND 10TH