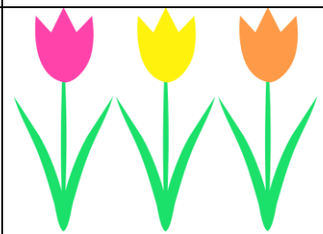
Petaluma Senior Café Event Schedule 2017

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEALTH 3. Holiday Decorating	**MIND** 4. BRAIN TEASERS	**SPIRIT** 5. Sing-a- long with Steve Della Maggiora	**COMMUNITY** 6. BINGO	**HEALTH** 7. Exercise with Aldo and Diana
10. NUTRITION AND HEALTH (Passover)	11. John Trott at the piano	12. Al U'Ren at the piano	13. BINGO	14. Easter Party! (Good Friday)
17. CURRENT EVENTS	18. BRAIN TEASERS	19. Dancing with Los Gu'achis	20. BINGO	21. Exercise with Aldo and Diana
24. Holiday Un-Decorating	25. John Trott at the piano	26. Sing-a-long Steve Della Maggiora	27. BINGO!	28. Exercise with Diana
				

"Why come before 1:00 p.m.?"
To join in on the fun and interesting activities that are listed here.

WHY ACTIVITIES ARE IMPORTANT.

It has been proven over and over that the more often and longer the mind and body stay occupied and stimulated, the healthier physically and psychologically a person is at any age.

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We are always open to new ideas so let us know if you have any.
You are welcome and encouraged to stay after the meal for an open discussion!!!!!

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PETALUMA SENIOR CAFÉ 765-8488
PARATRANSIT 765-8493