August BIRTHDAYS

- Martin
- Doris
- Rod
- Pat
- Manjit
- Charles
- Vera
- Chai
- Evelyn
- Mary
- Orville
- Nina

Petaluma Senior Café Event Schedule 2019
August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEALTH	**MIND**	**SPIRIT**	**COMMUNITY** 1. BINGO	**HEALTH** 2. Exercise with Diana & Aldo
5. John Trott at the piano	6. MONTHLY BLOOD PRESSURE with Chris & Melissa	7. Sing-a-long with Steve Della Maggiora	8. BINGO	9. Exercise with Diana
12. Nina Komiakoff at the piano	13. BRAIN TEASERS	14. Al U' Ren at the piano	15. BINGO	16. Exercise with Diana & Aldo
19. Nutrition	20. **GUEST** SPEAKER (LOCAL POLITICS!)	21. Dancing with Los Gu'achis	22. BINGO	23. Exercise with Diana
26. John Trott at the piano	27. BRAIN TEASERS	28. Sing-a-long with Steve Della Maggiora	29. BINGO	30. Exercise with Diana & Aldo

"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!!!!!

♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥

PETALUMA SENIOR CAFÉ 765-8488