Petaluma Senior Café Event Schedule 2019

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEALTH	**MIND**	**SPIRIT**	**COMMUNITY**	**HEALTH** 1. Exercise with Diana & Aldo
4. Nutrition	11. BRAIN TEASERS	12. Al U'Ren at the piano	13. BINGO	14. Exercise with Diana
17. John Trott at the piano	18. BRAIN TEASERS	19. Dancing With Los Gu'achis	20. BINGO	21. Exercise with Diana & Aldo (Autumn begins)
24. John Trott at the piano	25. BRAIN TEASERS	26. Sing-a long with Steve Della Maggiora	27. BINGO	28. Exercise with Diana

PETALUMA SENIOR CAFÉ 765-8488

"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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