

July BIRTHDAYS

- ❖ Craig 07/01
- ❖ Joe 07/01
- ❖ Doris 07/01
- ❖ Ann 07/15
- ❖ Carmen 07/16
- ❖ Alice 07/16
- ❖ Janice 07/19
- ❖ Helen 07/20
- ❖ Margy 07/22
- ❖ Charley n 07/26
- ❖ Jean 07/26



Petaluma Senior Café Event Schedule 2017				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. HEALTH SENIOR CAFÉ OPEN!	4. MIND CLOSED FOR 4TH of JULY	5. SPIRIT Sing-a-long with Steve Della Maggiora	6. COMMUNITY BINGO	7. HEALTH Exercise with Aldo and Diana
10. NUTRITION AND HEALTH	11. John Trott at the piano	12. Al U'Ren at the piano	13. BINGO	14. Exercise with Diana
17. CURRENT EVENTS	18. BRAIN TEASERS	19. Dancing with Los Gu'achis	20. BINGO	21. Exercise with Aldo and Diana
24. Brain Teasers	25. John Trott At the piano	26. Sing-a long with Steve Della Maggiora	27. BINGO	28. Exercise with Diana
31. CURRENT EVENTS				

“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.



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!!!!

