



12-1pm:
Daily
Lunch

August 2026

Services & Programs



9:30-11:30am
Mercy Brown
Bag Pick Up

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10A: Shopping 10:30A-12P Meals On Wheels	4 9A-2:30P Hiking Trip 1:30P Matinee Movie	5 Travel Troupe 8A-4P Red Hawk Casino 10:30A-12P Meals On Wheels Appt: HICAP Counseling	6 Tech 1-on-1 Appts 1-4P	7 10:30A-12P Meals On Wheels
10 10A: Shopping 10:30A-12P Meals On Wheels	11 9A-2:30P Hiking Trip	12 10:30A-12P Meals On Wheels	13 Tech 1-on-1 Appts 1-4P	14 10:30A-12P Meals On Wheels 10A Shopping
17 10A Shopping 10:30A-12P Meals On Wheels	18 9A-2:30P Hiking Trip 1:30P Matinee Movie	19 10A Shopping 10:30A-12P Meals On Wheels Appt: HICAP Counseling	20 10A Shopping Tech 1-on-1 Appts 1-4P	21 10:30A-12P Meals On Wheels
24 10:30A-12P Meals On Wheels	25 9A-2:30P Hiking Trip	26 10A Shopping 10:30A-12P Meals On Wheels	27 Tech 1-on-1 Appts 1-4P	28 Lunch Troupe 10A-3P Half Moon Bay 10:30A-12P Meals On Wheels
31 10A Shopping 10:30A-12P Meals On Wheels				

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Socials

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
World Affairs 10-11:30am Spanish Conversation 10-11am Senior Center Walks 1-2pm Memoir Writing 1-3pm Senior Center Chorus 3-4:30pm	Needlecraft & Beading 9:30am-12pm Move, Groove & Thrive 9:30-10:30am Morning Stretches 10:00-11am Pop Up Ping Pong 1:30-3pm Qi Gong 3:30-5pm	Women's Balkan Dancing 10-11:15am Pop Up Ping Pong 1:30-3pm	Painting 10am-12pm Mahjong & Games 1-3pm	Folk Dancing 10-11:30am 1st & 3rd Fridays 10:30-11:30am French Conversation 11:30am- 12:30pm Ukulele Jam 1:30pm-3pm

August 2026 • Classes

Gentle Tai Chi classes are held at the Community Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gentle Tai Chi 10:30-11:30am Demystifying Nutrition Controversies 3:30-5pm		Gentle Tai Chi 10:30-11:30am Rosen Movement 12:15-1:15pm Weight & Balance Training 3-3:45pm	Gentle Fitness & Basic Self Defense 3:30-4:30pm	Rosen Method 9:30-10:30am Gentle Tai Chi 10:30-11:30am