



HEALTH & WELLNESS DIVISION - ACTIVITY SCHEDULE

Location	Activity	Day of the Week	Location	Time	Instructor	Start Date	End Date
Ambrose Senior Center, Brentwood	Arthritis Exercise - Low Impact (LI)	MON	Stoneman Village II (BC)	1:00 PM	Cynthia Black	Ongoing	09/19
Brentwood Senior Center, Brentwood	Tai Chi - Tuesday and Thursday classes (TC)	TUES	Brentwood Senior Center (TC)	10:00 AM - 11:00 AM	Siobhan Stuart	Ongoing	12/19
The Heritage Senior Living, Concord	Tai Chi (TC)		Ambrose Senior Center (AE)	10:30 AM - 11:15 AM	Cynthia Black	Ongoing	09/19
Monument Crisis Center, Concord	Arthritis Exercise Program - Low Impact (AE)		North Richmond Senior Center (BC)	1:00 PM	Cynthia Black	Ongoing	09/19
North Richmond Senior Center, Richmond	Bingocize® (BC)	WED	Heritage Senior Living (TC)	11:00 AM - 12:00 PM	Siobhan Stuart	Ongoing	09/19
Rainbow Community Center, Concord	Tai Chi (TC)		San Pablo Senior Center (TC)	2:00 PM - 3:00 PM	Cynthia Black	Ongoing	12/19
San Pablo Senior Center, San Pablo	Tai Chi (TC)	THUR	Monument Crisis Center	10:00 AM - 11:00 AM	Siobhan Stuart	Ongoing	12/19
Stoneman Village, Pittsburg	Tai Chi, Bingocize® (TC, BC)		Stoneman Village Senior Living (TC)	10:00 AM - 11:00 AM	Siobhan Stuart	Ongoing	12/19
			Brentwood Senior Center (TC)	11:30 AM - 12:30 PM	Siobhan Stuart	Ongoing	12/19

Session end dates are subject to change due to agreement scheduling. Check with class locations for any updates.

08 AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Arthritis /Low Impact Monument Crisis Center Concord, 10:00 -11:00 AM Tai Chi Stoneman Village Pittsburg, 10:00 AM -11:00 AM Tai Chi Brentwood Senior Center 11:30 PM - 12:30 PM	2	3	4
5 Bingocize® Stoneman Village Senior Living Pittsburg, 1:00 PM	6 Tai Chi Brentwood Senior Center 10:00 AM - 11:00 AM Arthritis /Low Impact Ambrose Senior Center Bay Point, 10:30 -11:15 AM Bingocize® No. Richmond Senior Center Richmond, 1:00 PM	7 Tai Chi Heritage Senior Living Concord, 11:00 AM - 12:00 PM Tai Chi San Pablo Senior Center 2:00 PM - 3:00 PM	8 Arthritis /Low Impact Monument Crisis Center Concord, 10:00 -11:00 AM Tai Chi Stoneman Village Pittsburg, 10:00 AM -11:00 AM Tai Chi Brentwood Senior Center 11:30 PM - 12:30 PM	9	10	11
12 Bingocize® Stoneman Village Senior Living Pittsburg, 1:00 PM	13 Tai Chi Brentwood Senior Center 10:00 AM - 11:00 AM Arthritis /Low Impact Ambrose Senior Center Bay Point, 10:30 -11:15 AM Bingocize® No. Richmond Senior Center Richmond, 1:00 PM	14 Tai Chi Heritage Senior Living Concord, 11:00 AM - 12:00 PM Tai Chi San Pablo Senior Center 2:00 PM - 3:00 PM	15 Arthritis /Low Impact Monument Crisis Center Concord, 10:00 -11:00 AM Tai Chi Stoneman Village Pittsburg, 10:00 AM -11:00 AM Tai Chi Brentwood Senior Center 11:30 PM - 12:30 PM	16	17	18
19 Bingocize® Stoneman Village Senior Living Pittsburg, 1:00 PM	20 Tai Chi Brentwood Senior Center 10:00 AM - 11:00 AM Arthritis /Low Impact Ambrose Senior Center Bay Point, 10:30 -11:15 AM Bingocize® No. Richmond Senior Center Richmond, 1:00 PM	21 Tai Chi Heritage Senior Living Concord, 11:00 AM - 12:00 PM Tai Chi San Pablo Senior Center 2:00 PM - 3:00 PM	22 Arthritis /Low Impact Monument Crisis Center Concord, 10:00 -11:00 AM Tai Chi Stoneman Village Pittsburg, 10:00 AM -11:00 AM Tai Chi Brentwood Senior Center 11:30 PM - 12:30 PM	23	24	25
26 Bingocize® Stoneman Village Senior Living Pittsburg, 1:00 PM	27 Tai Chi Brentwood Senior Center 10:00 AM - 11:00 AM Arthritis /Low Impact Ambrose Senior Center Bay Point, 10:30 -11:15 AM Bingocize® No. Richmond Senior Center Richmond, 1:00 PM	28 Tai Chi Heritage Senior Living Concord, 11:00 AM - 12:00 PM Tai Chi San Pablo Senior Center 2:00 PM - 3:00 PM	29 Arthritis /Low Impact Monument Crisis Center Concord, 10:00 -11:00 AM Tai Chi Stoneman Village Pittsburg, 10:00 AM -11:00 AM Tai Chi Brentwood Senior Center 11:30 PM - 12:30 PM	30	31	