





HEALTH & WELLNESS DIVISION SNAP-ED - ACTIVITY SCHEDULE

Location	Activity	Day of the Week	Location	Time	Instructor	Start Date	End Date
Ambrose Senior Center, Bay Point	Low Impact (LI)	MON	Presidio Village Senior Housing	1:00 PM	Cynthia Black	Ongoing	Mar 2020
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	Dec 2020
North Richmond Senior Center	Bingocize (BC)		North Richmond Senior Center (BC)	1:00 PM	Cynthia Black	Ongoing	Mar 2020
Rodeo Senior Center, Rodeo	Low Impact (LI)		Ambrose Senior Center (LI)	10:30AM	Eileen Stephens	Ongoing	Mar 2020
San Pablo Senior Center, San Pablo	Tai Chi (TC)	WED	San Pablo Senior Center (TC)	2:00 PM - 3:00 PM	Cynthia Black	Ongoing	Dec 2020
		THUR	Rodeo Senior Center (LI)	11:15 AM -11:45 AM	Eileen Stephens	Ongoing	Mar 2020
			Brentwood Senior Center (TC)	11:30 AM - 12:30 PM	Siobhan Stuart	Ongoing	Dec 2020

All Classes Subject to Change Due to Residential or Senior Center Scheduling

02 FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 Bingocize Presidio Village Senior Housing, Pittsburg 10:00 AM	4 Tai Chi Brentwood Senior Center 10:00 AM - 11:00 AM Arthritis Program Low Impact Exercise Ambrose Senior Cntr., Bay Pt. 10:30 AM - 11:15 AM Bingocize North Richmond Senior Cntr. 1:00 PM	5 Tai Chi San Pablo Senior Center 2:00 PM - 3:00 PM	6 Arthritis Program Low Impact Exercise Rodeo Senior Center 11:15 AM - 11:45 AM Tai Chi Brentwood Senior Center 11:30 PM - 12:30 PM	7	8	9
10 Bingocize Presidio Village Senior Housing, Pittsburg 10:00 AM	11 Tai Chi Brentwood Senior Center 10:00 AM - 11:00 AM Arthritis Program Low Impact Exercise Ambrose Senior Cntr., Bay Pt. 10:30 AM - 11:15 AM Bingocize North Richmond Senior Cntr. 1:00 PM	12 Tai Chi San Pablo Senior Center 2:00 PM - 3:00 PM	13 Arthritis Program Low Impact Exercise Rodeo Senior Center 11:15 AM - 11:45 AM Tai Chi Brentwood Senior Center 11:30 PM - 12:30 PM	14 	15	16
17 Presidents Day - Office Closed 	18 Tai Chi Brentwood Senior Center 10:00 AM - 11:00 AM Arthritis Program Low Impact Exercise Ambrose Senior Cntr., Bay Pt. 10:30 AM - 11:15 AM Bingocize North Richmond Senior Cntr. 1:00 PM	19 Tai Chi San Pablo Senior Center 2:00 PM - 3:00 PM	20 Arthritis Program Low Impact Exercise Rodeo Senior Center 11:15 AM - 11:45 AM Tai Chi Brentwood Senior Center 11:30 PM - 12:30 PM	21	22	23
24 Bingocize Stoneman Village II Pittsburg 1:00 PM	25 Tai Chi Brentwood Senior Center 10:00 AM - 11:00 AM Arthritis Program Low Impact Exercise Ambrose Senior Cntr., Bay Pt. 10:30 AM - 11:15 AM Bingocize North Richmond Senior Cntr. 1:00 PM	26 Tai Chi San Pablo Senior Center 2:00 PM - 3:00 PM	27 Arthritis Program Low Impact Exercise Rodeo Senior Center 11:15 AM - 11:45 AM Tai Chi Brentwood Senior Center 11:30 PM - 12:30 PM	28	29	