



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	Stoneman Village II (BC)	1:00 PM	Cynthia Black	Ongoing	Jan 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

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

01 JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
6 Bingocize Stoneman Village II Pittsburg 1:00 PM	7 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	8 Tai Chi San Pablo Senior Center 2:00 PM - 3:00 PM	9 Arthritis Program Low Impact Exercise Rodeo Senior Center 11:30 AM - 12:30 PM Tai Chi Brentwood Senior Center 11:30 PM - 12:30 PM	10	11	12
13	14 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	15 Tai Chi San Pablo Senior Center 2:00 PM - 3:00 PM	16 Arthritis Program Low Impact Exercise Rodeo Senior Center 11:30 AM - 12:30 PM Tai Chi Brentwood Senior Center 11:30 PM - 12:30 PM	17	18	19
20 Martin Luther King Day - Office Closed 	21 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	22 Tai Chi San Pablo Senior Center 2:00 PM - 3:00 PM	23 Arthritis Program Low Impact Exercise Rodeo Senior Center 11:30 AM - 12:30 PM Tai Chi Brentwood Senior Center 11:30 PM - 12:30 PM	24	25	26
27 Bingocize Stoneman Village II Pittsburg 1:00 PM	28 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	29 Tai Chi San Pablo Senior Center 2:00 PM - 3:00 PM	30 Arthritis Program Low Impact Exercise Rodeo Senior Center 11:30 AM - 12:30 PM Tai Chi Brentwood Senior Center 11:30 PM - 12:30 PM	31		