



## 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 (AE)         | MON             | Casa del Rio Senior Center (BC)     | 1:00 PM             | Eileen Stephens | Ongoing    | 7/19     |
| Brentwood Senior Center, Brentwood  | Tai Chi - Tuesday and Thursday classes (TC)  |                 | Stoneman Village II (BC)            | 1:00 PM             | Cynthia Black   | 07/22/19   | 09/19    |
| Casa del Rio Senior Living, Antioch | Bingocize® (BC)                              | 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        | 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    |
|                                     |  | FRI             | Rainbow Community Center (TC)       | 2:00 PM - 3:00 PM   | Deshaun/Dustin  | Ongoing    | 07/19    |

Session end dates are subject to change due to agreement scheduling.

# 07 JULY 2019

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY | SUNDAY |
|--|--|--|--|---|----------|--------|
| 1 <b>Bingocize®</b><br>Casa del Rio Senior Living<br>Antioch<br>1:00 PM  | 2 <b>Tai Chi</b><br>Brentwood Senior Center<br>10:00 AM - 11:00 AM<br><br><b>Arthritis Exercise /Low Impact</b><br>Ambrose Senior Center<br>Bay Point, 10:30 AM -11:15 AM<br><br><b>Bingocize®</b><br>North Richmond Senior Center<br>Antioch, 1:00 PM | 3 <b>Tai Chi</b><br>Heritage Senior Living<br>Concord, 11:00 AM - 12:00 PM<br><br><b>Tai Chi</b><br>San Pablo Senior Center<br>2:00 PM - 3:00 PM     | 4 <b>NO CLASSES TODAY</b><br><br><b>HAPPY 4<sup>TH</sup> OF JULY!</b>   | 5 <b>Tai Chi</b><br>Rainbow Community Center<br>Concord, 2:00 PM -3:00 PM     | 6        | 7      |
| 8 <b>Bingocize®</b><br>Casa del Rio Senior Living<br>Antioch, 1:00 PM  | 9 <b>Tai Chi</b><br>Brentwood Senior Center<br>10:00 AM - 11:00 AM<br><br><b>Arthritis Exercise /Low Impact</b><br>Ambrose Senior Center<br>Bay Point, 10:30 AM -11:15 AM<br><br><b>Bingocize®</b><br>North Richmond Senior Center<br>Antioch, 1:00 PM | 10 <b>Tai Chi</b><br>Heritage Senior Living<br>Concord,<br>11:00 AM - 12:00 PM<br><br><b>Tai Chi</b><br>San Pablo Senior Center<br>2:00 PM - 3:00 PM | 11 <b>Arthritis Exercise /Low Impact</b><br>Monument Crisis Center<br>Concord, 10:00 -11:00 AM<br><br><b>Tai Chi</b><br>Stoneman Village<br>Pittsburg,<br>10:00 AM -11:00 AM<br><br><b>Tai Chi</b><br>Brentwood Senior Center<br>11:30 PM - 12:30 PM | 12 <b>Tai Chi</b><br>Rainbow Community Center<br>Concord,<br>2:00 PM -3:00 PM | 13       | 14     |
| 15 <b>Bingocize®</b><br>Casa del Rio Senior Living<br>Antioch<br>1:00 PM   | 16 <b>Tai Chi</b><br>Brentwood Senior Center<br>10:00 AM - 11:00 AM<br><br><b>Arthritis Exercise/Low Impact</b><br>Ambrose Senior Center<br>Bay Point, 10:30 -11:15 AM<br><br><b>Bingocize®</b><br>North Richmond Senior Center<br>Antioch, 1:00 PM    | 17 <b>Tai Chi</b><br>Heritage Senior Living<br>Concord,<br>11:00 AM - 12:00 PM<br><br><b>Tai Chi</b><br>San Pablo Senior Center<br>2:00 PM - 3:00 PM | 18 <b>Arthritis Exercise /Low Impact</b><br>Monument Crisis Center<br>Concord, 10:00 -11:00 AM<br><br><b>Tai Chi</b><br>Stoneman Village<br>Pittsburg,<br>10:00 AM -11:00 AM<br><br><b>Tai Chi</b><br>Brentwood Senior Center<br>11:30 PM - 12:30 PM | 19 <b>Tai Chi</b><br>Rainbow Community Center<br>Concord,<br>2:00 PM -3:00 PM | 20       | 21     |
| 22 <b>Bingocize®</b><br>Casa del Rio Senior Living<br>Antioch, 1:00 PM<br><br><b>Bingocize®</b><br>Stoneman Village II<br>Pittsburg, 1:00 PM | 23 <b>Tai Chi</b><br>Brentwood Senior Center<br>10:00 AM - 11:00 AM<br><br><b>Arthritis Exercise/Low Impact</b><br>Ambrose Senior Center<br>Bay Point, 10:30 -11:15 AM<br><br><b>Bingocize®</b><br>North Richmond Senior Center<br>Antioch, 1:00 PM    | 24 <b>Tai Chi</b><br>Heritage Senior Living<br>Concord,<br>11:00 AM - 12:00 PM<br><br><b>Tai Chi</b><br>San Pablo Senior Center<br>2:00 PM - 3:00 PM | 25 <b>Arthritis Exercise /Low Impact</b><br>Monument Crisis Center<br>Concord, 10:00 -11:00 AM<br><br><b>Tai Chi</b><br>Stoneman Village<br>Pittsburg,<br>10:00 AM -11:00 AM<br><br><b>Tai Chi</b><br>Brentwood Senior Center<br>11:30 PM - 12:30 PM | 26 <b>Tai Chi</b><br>Rainbow Community Center<br>Concord,<br>2:00 PM -3:00 PM | 27       | 28     |
| 29 <b>Bingocize®</b><br>Casa del Rio Senior Living<br>Antioch, 1:00 PM<br><br><b>Bingocize®</b><br>Stoneman Village II<br>Pittsburg, 1:00 PM | 30 <b>Tai Chi</b><br>Brentwood Senior Center<br>10:00 AM - 11:00 AM<br><br><b>Arthritis Exercise/Low Impact</b><br>Ambrose Senior Center<br>Bay Point, 10:30 -11:15 AM<br><br><b>Bingocize®</b><br>North Richmond Senior Center<br>Antioch, 1:00 PM    | 31 <b>Tai Chi</b><br>Heritage Senior Living<br>Concord,<br>11:00 AM - 12:00 PM<br><br><b>Tai Chi</b><br>San Pablo Senior Center<br>2:00 PM - 3:00 PM |  |   |          |        |