

**COVID-19 UPDATE: ALL CLASSES ARE TEMPORARILY SUSPENDED UNTIL FURTHER NOTICE. PLEASE CHECK BACK FOR UPDATES.**



## 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 (BC)	10:00AM	Cynthia Black	Ongoing	Mar 2020
Brentwood Senior Center, Brentwood	Tai Chi (TC)	Mon	Monument Crisis Center	10:00-11:00AM	DeShaun Williams	Ongoing	June 2020
The Heritage Senior Living	Low Impact (LI)	Tue	Brentwood Senior Center (TC)	10:00AM-11:00AM	Siobhan Stuart	Ongoing	Dec 2020
Monument Crisis Center, Concord	Tai Chi (TC), Low Impact (LI)	Tue	North Richmond Senior Center (BC)	1:00PM	Cynthia Black	Ongoing	Mar 2020
North Richmond Senior Center	Bingocize® (BC)	Tue	Ambrose Senior Center (LI)	10:30-11:15AM	Eileen Stephens	Ongoing	Mar 2020
Rodeo Senior Center, Rodeo	Low Impact (LI)	Tue	The Heritage Senior Living	10:30-11:15AM	Eileen Stephens	Ongoing	June 2020
Presidio Village Senior Housing, Pittsburg	Bingocize® (BC)	Wed	Rainbow Community Center	11:00 AM	Eileen Stephens	Ongoing	May 2020
San Pablo Senior Center, San Pablo	Tai Chi (TC)	Wed	San Pablo Senior Center (TC)	2:00-3:00PM	Cynthia Black	Ongoing	Dec 2020
		Thu	Monument Crisis Center (LI)	10:00-11:00AM	DeShaun Williams	Ongoing	June 2020
		Thu	Rodeo Senior Center (LI)	11:15-11:45	Eileen Stephens	Ongoing	Mar 2020
		Thu	Brentwood Senior Center (TC)	11:30-12:30PM	Siobhan Stuart	Ongoing	Dec 2020

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

# 03 MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 <b>Bingocize</b> Presidio Village Senior Housing, Pittsburg 10:00 AM	3 <b>Tai Chi</b> Brentwood Senior Center 10:00 AM - 11:00 AM <b>Arthritis Program Low Impact Exercise</b> Ambrose Senior Cntr., Bay Pt. 10:30 AM - 11:15 AM <b>Bingocize</b> North Richmond Senior Cntr. 1:00 PM	4 <b>Tai Chi</b> San Pablo Senior Center 2:00 PM - 3:00 PM	5 <b>Arthritis Program Low Impact Exercise</b> Rodeo Senior Center 11:15 AM - 11:45 AM <b>Tai Chi</b> Brentwood Senior Center 11:30 PM - 12:30 PM	6	7	8
9 <b>Bingocize</b> Presidio Village Senior Housing, Pittsburg 10:00 AM	10 <b>Tai Chi</b> Brentwood Senior Center 10:00 AM - 11:00 AM <b>Arthritis Program Low Impact Exercise</b> Ambrose Senior Cntr., Bay Pt. 10:30 AM - 11:15 AM <b>Bingocize</b> North Richmond Senior Cntr. 1:00 PM	11 <b>Tai Chi</b> San Pablo Senior Center 2:00 PM - 3:00 PM	12 <b>Arthritis Program Low Impact Exercise</b> Rodeo Senior Center 11:15 AM - 11:45 AM <b>Tai Chi</b> Brentwood Senior Center 11:30 PM - 12:30 PM	13	14	15
16 <b>Tai Chi</b> Monument Crisis Center, Concord 10:00-11:00am <b>Bingocize®</b> Presidio Village Senior Housing, Pittsburg 10:00am	17 <b>Tai Chi</b> Brentwood Senior Center 10:00 AM - 11:00 AM <b>Arthritis Program Low Impact Exercise</b> Ambrose Senior Cntr., Bay Pt. 10:30 AM - 11:15 AM <b>Bingocize</b> North Richmond Senior Cntr. 1:00 PM	18 <b>Arthritis Program® Low Impact Exercise</b> Rainbow Community Center, Concord, 11:00 AM <b>Tai Chi</b> San Pablo Senior Center 2:00 PM - 3:00 PM	19 <b>Arthritis Program Low Impact Exercise</b> Monument Crisis Center, Concord 10:00 AM - 11:00 AM <b>Tai Chi</b> Brentwood Senior Center 11:30 PM - 12:30 PM	20	21	22
23 <b>Tai Chi</b> Monument Crisis Center, Concord 10:00 AM - 11:00 AM <b>Bingocize</b> Presidio Village Senior Housing, Pittsburg 10:00 AM	24 <b>Tai Chi</b> Brentwood Senior Center 10:00 AM - 11:00 AM <b>Arthritis Program Low Impact Exercise</b> The Heritage Senior Living, Concord 10:30 AM - 11:15 AM <b>Bingocize</b> North Richmond Senior Cntr. 1:00 PM	25 <b>Arthritis Program Low Impact Exercise</b> Rainbow Community Center, Concord 11:00 AM <b>Tai Chi</b> San Pablo Senior Center 2:00 PM - 3:00 PM	26 <b>Arthritis Program Low Impact Exercise</b> Monument Crisis Center 10:00 AM - 11:00 AM <b>Tai Chi</b> Brentwood Senior Center 11:30 PM - 12:30 PM	27	28	29
30 <b>Tai Chi</b> Monument Crisis Center, Concord 10:00 AM - 11:00 AM <b>Bingocize</b> Presidio Village Senior Housing, Pittsburg 10:00 AM	31 <b>Tai Chi</b> Brentwood Senior Center 10:00 AM - 11:00 AM <b>Arthritis Program Low Impact Exercise</b> The Heritage Senior Living, Concord 10:30 AM - 11:15 AM <b>Bingocize</b> North Richmond Senior Cntr. 1:00 PM					