



HEALTH & WELLNESS DIVISION - ACTIVITY SCHEDULE

| Location | Activity |
|--|--|
| Ambrose Senior Center, Brentwood | Arthritis Exercise - Low Impact (LI) |
| Brentwood Senior Center, Brentwood | Tai Chi - Tuesday and Thursday classes (TC) |
| The Heritage Senior Living, Concord | Tai Chi (TC) |
| Monument Crisis Center, Concord | Arthritis Exercise Program - Low Impact (AE) |
| North Richmond Senior Center, Richmond | Bingocize® (BC) |
| Rainbow Community Center, Concord | Tai Chi (TC) |
| San Pablo Senior Center, San Pablo | Tai Chi (TC) |
| Stoneman Village, Pittsburg | Tai Chi, Bingocize® (TC, BC) |

| Day of the Week | Location | Time | Instructor | Start Date | End Date |
|-----------------|-------------------------------------|---------------------|----------------|------------|----------|
| MON | Stoneman Village II (BC) | 1:00 PM | Cynthia Black | Ongoing | 09/19 |
| TUES | Brentwood Senior Center (TC) | 10:00 AM - 11:00 AM | Siobhan Stuart | Ongoing | 12/19 |
| | Ambrose Senior Center (AE) | 10:30 AM - 11:15 AM | Cynthia Black | Ongoing | 09/19 |
| | North Richmond Senior Center (BC) | 1:00 PM | Cynthia Black | Ongoing | 09/19 |
| WED | Heritage Senior Living (TC) | 11:00 AM - 12:00 PM | Siobhan Stuart | Ongoing | 09/19 |
| | San Pablo Senior Center (TC) | 2:00 PM - 3:00 PM | Cynthia Black | Ongoing | 12/19 |
| THUR | Monument Crisis Center | 10:00 AM - 11:00 AM | Siobhan Stuart | Ongoing | 12/19 |
| | 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.

09 SEPTEMBER 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|--------|----------|--------|
| | | | | | | 1 |
| 2 Bingocize® Stoneman Village Senior Living Pittsburg, 1:00 PM | 3 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 | 4 Tai Chi Heritage Senior Living Concord, 11:00 AM - 12:00 PM Tai Chi San Pablo Senior Center 2:00 PM - 3:00 PM | 5 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 | 6 | 7 | 8 |
| 9 Bingocize® Stoneman Village Senior Living Pittsburg, 1:00 PM | 10 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 | 11 Tai Chi Heritage Senior Living Concord, 11:00 AM - 12:00 PM Tai Chi San Pablo Senior Center 2:00 PM - 3:00 PM | 12 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 | 13 | 14 | 15 |
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| 30 Bingocize® Stoneman Village Senior Living Pittsburg, 1:00 PM | | | | | | |