

AUGUST 2021 ACTIVITIES & EVENTS

Virtual Mondays to Thursdays:
Office 9:30am to 1:30pm
Hours Fridays, 9am to 1pm

Mondays August 2, 9, 16, 23	Core Fitness with Melinda. 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Mondays August 2, 9, 16, 23	Mind over Matter with Melinda. 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Tuesdays August 3, 10, 17, 24	Core Fitness with Melinda. 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Tuesdays August 3, 10, 17, 24	Restorative Yoga with Melinda. 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Wednesdays August 4, 11, 18, 25	Core Fitness with Melinda. 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Wednesdays August 4, 11, 18, 25	Mind over Matter with Melinda. 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Thursdays August 5, 12, 19, 26	Core Fitness with Melinda. 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Thursdays August 5, 12, 19, 26	Restorative Yoga with Melinda. 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Wednesday, August 4	LET'S TALK 2pm – 4pm Contact Helen Ackerman at hwackerman@yahoo.com
Monday, August 9	BREAKFAST @ IHOP 9am – 11am RSVP to Phyllis at pbrown650@gmail.com or 650-573-9573, if you plan to come
Friday, August 13	BOOK CLUB 1:30pm – 3pm Contact Audrey Guerin at guerin.audrey@gmail.com
Tuesday, August 17	COOKING WITH MARLENE SOROSKY GRAY 3pm – 4pm RSVP to Holly at hjmckelvey.fcv@gmail.com by August 11 for Zoom link info
Friday, August 20	LUNCH & LEARN 1pm – 2pm Jayne Zaban will share about her life in the arts as a professional dancer, choreographer, instructor and Dance Arts Center co-owner. RSVP to Holly at hjmckelvey.fcv@gmail.com by August 19 for Zoom link info
Tuesday, August 24	SPEAKER SERIES: Protecting Our Environment: Simple Steps that We can Do! 4pm – 5pm via ZOOM John Mathers, Environmental Educator
Thursday, August 26	MEXICAN TRAIN DOMINOES 1pm – 4pm Limited to 8 players at Phyllis Brown's home. Please follow CDC guidelines and wear a mask if not fully vaccinated. RSVP to Phyllis at pbrown650@gmail.com or call 650-573-9573, if you plan to play.