

December 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	SAPAS event protocol: All participants: -vaccinated -masked -socially distanced			1 Caregiver Support Group Noon-1:00 pm	2	3
4	5 Chair yoga 10:00-11:00 am	6	7	8	9 Blood pressure: Berry 10:30-11:30 am	10
11	12 Chair yoga 10:00-11:00 am	13 Holiday concert 7:00-8:00 pm	14 Lunch Bunch Noon-1:00 pm	15	16	17
18	19 Chair yoga 10:00-11:00 am	20 Blood pressure: Seal 3-3:45 pm	21	22	23	24
25	26	27	28	29	30	31

ACTIVITY DETAILS:

- **Blood pressure clinic - Berry:** 10:30-11:30 am in Club Room. For residents of Legends at Berry only.
- **Blood pressure clinic - Seal:** 3-3:45 pm in the community room at Seal Hi-Rise (825 Seal St.)
- **Caregiver Support Group:** Noon-1:00 pm online; call office or e-mail office@sapaseniors.org for Zoom link.
- **Chair yoga:** 10 am online. Call office or e-mail sc@sapaseniors.org to see if space is available
- **Holiday piano concert and sing-along:** 7 pm hybrid event; In-person at 2200 Hillside Ave. Streaming online at facebook.com/sapaseniors/
- **Lunch Bunch:** Online gathering from noon-1:00 pm; call office or e-mail sc@sapaseniors.org for Zoom link.

ALL CLASSES AND ACTIVITIES ARE OFFERED AT NO CHARGE. DONATIONS ARE ENCOURAGED, BUT NOT REQUIRED.