

# March 2023

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<b>SAPAS event protocol:</b> All participants: -vaccinated -masked -socially distanced		<b>1</b> Lunch Bunch Noon-1:00 pm  Grief & Loss Group (in-person) 1-2:30 pm	<b>2</b> Tai Ji Quan-Part II 10-11:00 am  Caregiver Support Group Noon-1:00 pm	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b> Tai Ji Quan-Part II 10-11:00 am	<b>8</b>	<b>9</b> Tai Ji Quan-Part II 10-11:00 am	<b>10</b> Blood pressure: Berry 10:30-11:30 am	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b> Tai Ji Quan-Part II 10-11:00 am	<b>15</b> Lunch Bunch Noon-1:00 pm  Grief & Loss Group (in-person) 1-2:30 pm	<b>16</b> Tai Ji Quan-Part II 10-11:00 am	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b> Tai Ji Quan-Part II 10-11:00 am  Blood pressure: Seal 3-3:45 pm	<b>22</b>	<b>23</b> Tai Ji Quan-Part II 10-11:00 am	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> In-person Caregiver Community Gathering 11:00-Noon	<b>28</b> Tai Ji Quan-Part II 10-11:00 am	<b>29</b> Lunch Bunch Noon-1:00 pm  Grief & Loss Group (in-person) 1-2:30 pm	<b>30</b> Tai Ji Quan-Part II 10-11:00 am	<b>31</b>	

## 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 email [office@sapaseniors.org](mailto:office@sapaseniors.org) for Zoom link.
- **Grief and Loss Group Study (in-person):** 1-2:30 pm; at Centennial United Methodist Church, 2200 Hillside Ave.; call office or email [office@sapaseniors.org](mailto:office@sapaseniors.org) to register.
- **Lunch Bunch:** Online gathering from noon-1:00 pm; call office or email [sc@sapaseniors.org](mailto:sc@sapaseniors.org) for Zoom link.
- **Monthly in-person Caregiver Community Gathering:** 11:00 am-Noon; SAP Lutheran Church, 2323 Como Ave.
- **Tai Ji Quan-Moving for Better Balance-Part II:** 10 am online. Call office or email [vc@sapaseniors.org](mailto:vc@sapaseniors.org) to sign up.

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