

November 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	SAPAS event protocol: All participants: -vaccinated -masked -socially distanced	1 Tai Ji Quan 10-11:00 am Defensive Driving Class 9 am-1 pm	2	3 Tai Ji Quan 10-11:00 am Caregiver Support Group Noon-1:00 pm	4	5
6		7	8 Tai Ji Quan 10-11:00 am	9 Lunch Bunch Noon-1:00 pm	10 Tai Ji Quan 10-11:00 am	11 Blood pressure: Berry 10:30-11:30 am
13	14	15 Tai Ji Quan 10-11:00 am Blood pressure: Seal 3-3:45 pm	16	17 Tai Ji Quan 10-11:00 am	18	19
20	21	22 Tai Ji Quan 10-11:00 am	23	24 Thanksgiving	25	26
27	28	29 Tai Ji Quan 10-11:00 am Movie: "King Richard" 2-4:00 pm	30 Lunch Bunch Noon-1:00 pm			

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.
- **Defensive Driving Class:** 9 am-1:00 pm at Fellowship Hall, 2200 Hillside Ave.; call office or e-mail sc@sapaseniors.org to sign up.
- **Lunch Bunch:** Online gathering from noon-1:00 pm; call office or e-mail sc@sapaseniors.org for Zoom link.
- **Movie: "King Richard"** starring: **Will Smith** 2-4:00 pm at St. Anthony Park Library, 2245 Como Ave.
- **Tai Ji Quan-Moving for Better Balance:** 10 am online. Call office or e-mail vc@sapaseniors.org to see if space is available

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