

**AUGUST 2020**

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| <b>Mondays</b><br><b>Aug 3, 10, 17, 24, 31</b> | <b>Core Fitness with Melinda</b><br><b>10am – 10:50am</b><br>RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information   |
| <b>Mondays</b><br><b>Aug 3, 10, 17, 24, 31</b> | <b>Mind over Matter with Melinda</b><br><b>11am – 11:50am</b><br>RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information   |
| <b>Tuesdays</b><br><b>Aug 4, 11, 18, 25</b>    | <b>Core Fitness with Melinda</b><br><b>10am – 10:50am</b><br>RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information   |
| <b>Tuesdays</b><br><b>Aug 4, 11, 18, 25</b>    | <b>Restorative Yoga with Melinda</b><br><b>11am – 11:50am</b><br>RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information   |
| <b>Wednesdays</b><br><b>Aug 5, 12, 19, 26</b>  | <b>Core Fitness with Melinda</b><br><b>10am – 10:50am</b><br>RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information   |
| <b>Wednesdays</b><br><b>Aug 5, 12, 19, 26</b>  | <b>Mind over Matter with Melinda</b><br><b>11am – 11:50am</b><br>RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information   |
| <b>Thursdays</b><br><b>Aug 6, 13, 20, 27</b>   | <b>Core Fitness with Melinda</b><br><b>10am – 10:50am</b><br>RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information   |
| <b>Thursdays</b><br><b>Aug 6, 13, 20, 27</b>   | <b>Restorative Yoga with Melinda</b><br><b>11am – 11:50am</b><br>RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information   |
| <b>Thursday, Aug 6</b>                         | <b>Cooking with Marlene Sorosky Gray</b><br><b>3pm – 4pm</b><br>RSVP to Sophia at svhutson.fcv@gmail.com by Aug 5 for Zoom link info   |
| <b>Friday, Aug 14</b>                          | <b>Book Club</b><br><b>1:30pm – 3pm</b><br>Contact Supriya Singh at supriya.fcv@gmail.com  |
| <b>Wednesday, Aug 19</b>                       | <b>Cooking with Marlene Sorosky Gray</b><br><b>3pm – 4pm</b><br>RSVP to Sophia at svhutson.fcv@gmail.com by Aug 18 for Zoom link info  |
| <b>Friday, Aug 21</b>                          | <b>Lunch &amp; Learn 1pm – 2pm</b><br>Dr. Mehrdad Ayati will speak about “COVID-19 and Older Adult Population”, and the lessons we have learned so far.<br>RSVP to Sophia at svhutson.fcv@gmail.com by Aug 20 for Zoom link info |

Please contact Foster City Village Office if you have questions or need a ride.

Virtual Office Hours: Mondays to Fridays, 9:30am to 2:30pm

Phone: 650.378.8541 Email: fcville94404@gmail.com

**NOTE: Events are scheduled to take place using Zoom on your computer, tablet, laptop or smartphone. Please allow extra time to get online in order to get successfully connected. For help with getting setup to use Zoom or for an individual tutoring session, please contact us with your name and phone number prior class/event date.**