



JULY 2021
ACTIVITIES & EVENTS

Mondays July 12, 19, 26	Core Fitness with Melinda. 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Mondays July 12, 19, 26	Mind over Matter with Melinda. 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Tuesdays July 6, 13, 20, 27	Core Fitness with Melinda. 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Tuesdays July 6, 13, 20, 27	Restorative Yoga with Melinda. 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Wednesdays July 7, 14, 21, 28	Core Fitness with Melinda. 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Wednesdays July 7, 14, 21, 28	Mind over Matter with Melinda. 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Thursdays July 8, 15, 22, 29	Core Fitness with Melinda. 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Thursdays July 8, 15, 22, 29	Restorative Yoga with Melinda. 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Wednesday, July 7	Let's Talk 2pm – 4pm Contact Helen Ackerman at hwackerman@yahoo.com
Friday, July 9	Book Club 2:30pm – 4pm Contact Gail Mintz at gmmintz@yahoo.com
Monday, July 12	Breakfast @ IHOP 9am – 11am RSVP to Phyllis at pbrown650@gmail.com or call 650-573-9573, if you plan to come.
Friday, July 16	Lunch & Learn 1pm – 2pm Sabrina Johnson and Patricia Player Maxwell will present the importance of having legal affairs in order and an Advanced Health Care Directive in place to insure peace of mind for End-of-Life matters. RSVP to Holly at hjmckelvey.fcv@gmail.com by July 14 for Zoom link info
Tuesday, July 20	Cooking with Marlene Sorosky Gray 3pm – 4pm RSVP to Holly at hjmckelvey.fcv@gmail.com by July 15 for Zoom link info
Tuesday, July 27	Speaker Series: "PEACE 3" Coming Out into My Own Legacy of Peace 4pm – 5pm via ZOOM Brian Rusch, Non-profit Executive & Peace Leader
Thursday, July 29	Mexican Train Dominoes 1pm – 4pm Limited to 8 players at Phyllis Brown's home. It is strongly encouraged that you 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.