

OCTOBER 2021 ACTIVITIES & EVENTS

Virtual Office Hours
Mondays to Thursdays:
9:00am to 1:30pm
Fridays, 9am to 1pm

Mondays October 4, 11, 18, 25	Core Fitness with Melinda 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Mondays October 4, 11, 18, 25	Mind over Matter with Melinda 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Tuesdays October 5, 12, 19, 26	Core Fitness with Melinda 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Tuesdays October 5, 12, 19, 26	Restorative Yoga with Melinda 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Wednesdays October 6, 13, 20, 27	Core Fitness with Melinda 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Wednesdays October 6, 13, 20, 27	Mind over Matter with Melinda 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Thursdays October 7, 14, 21, 28	Core Fitness with Melinda 10am – 10:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Thursdays October 7, 14, 21, 28	Restorative Yoga with Melinda 11am – 11:50am RSVP to Melinda at melindarosefitness@gmail.com for Zoom link information
Tuesdays October 5, 12, 19, 26	WALK & TALK 11am Drop in event meeting at the rec center. Questions? Contact Jan Rimmel at jjremmel@gmail.com . Need a ride? Call the office 650-378-8541
Wednesday, October 6	LET'S TALK 2pm – 4pm Contact Helen Ackerman at hwackerman@yahoo.com
	BOOK CLUB Cancelled Stay Tuned for November date!
Monday, October 11	BREAKFAST @ IHOP 9am – 11am RSVP to Phyllis at pbrown650@gmail.com or 650-573-9573, if you plan to come.
Friday, October 15	LUNCH & LEARN 1pm – 2pm Laura Biche - Senior Mortgage Planning Specialist will speak on reverse mortgages. RSVP to Holly at hjmckelvey.fcv@gmail.com by October 16 for Zoom link
Tuesday, October 26	COOKING WITH MARLENE SOROSKY GRAY 3pm – 4pm RSVP to Holly: hjmckelvey.fcv@gmail.com by October 21 for Zoom link & recipe
Thursday, October 28	MEXICAN TRAIN DOMINOES 1pm – 4pm Limited to 8 players at Phyllis Brown's home. Please 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.

Contact the Village Office at 650.378.8541 or send an email to fcvillage94404@gmail.com

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