



*San Francisco Bay Area and
Northern California Seniors!*

Brain Games? Writing Workshop?
Book Group? Armchair Travelers?
Health Presentations? Support Groups?

On the telephone?
Yes! And it's FREE!

If it's difficult for you to go out to a community senior center, you are welcome to join these or any of our other activities listed on the back—**all from the comfort of your own home.**

Please call for more information.
Toll-free: 1-877-797-7299
www.SeniorCenterWithoutWalls.org

Some quotes from our participants:

- “It jump-starts the batteries in my brain!”
- “I find this program very stimulating and with a wide variety of subjects from which to choose.”
- “It gives me something to look forward to.”
- “You get isolated when you’re homebound. But now I have a contact with the world again, and I’m developing interests I never knew I had.”
- “It’s the best thing that ever happened to me!”

SUMMER 2009 SESSION

June 1 through August 23

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9-9:15am Gratitude	9-9:15am Gratitude	9-9:15am Gratitude	9-9:15am Gratitude	9-9:15am Gratitude	9-9:15am Gratitude	9-9:15am Gratitude
10-10:30am Poetry	10-10:30am Challenges of Aging	9-9:30am Spanish Discussion 9:30-10am Boggle	9:30-10am Armchair Bird Watching	10-10:30am Pet Tales 10-10:30am Cognitive Crew (1 st Thursday)	10:30-11am Spiritual Growth and Aging 11-11:30am Brain Aerobics	
11-12noon Coffee Break Chat Group	11-11:30am Improvisation	11-12noon Special Presentations	10-10:45am Coping with Anxiety	10:30-11:30am This Month in Brain Fitness (1 st Thursday)	11:30-12noon Eat, Drink, Be Merry	12:30-1pm Senior Center Without Words
12:30-1pm Senior Center Without Words	12:30-1pm Senior Center Without Words 1-1:45pm SCWW Theater	12:30-1pm Senior Center Without Words 1-1:30pm SCWW Spotlight	11-11:45am Bible Study 12-12:30pm What's the Verdict?	12:30-1pm Needle Arts	12:30-1pm Senior Center Without Words	1-1:30pm Celebrating the Women's Movement
2-2:30pm Mini Mysteries	2-3pm Blues Busters 3-3:30pm Coming Fully Alive	2-2:30pm Chinese Discussion 2-3pm Anything Goes!	12:30-1pm Senior Center Without Words 1:30-2pm Reminiscence	12:30-1pm Senior Center Without Words	1-1:30pm Funny Bones 1:30-2pm Curiosity Club	2-3pm Hanging Out
3:30-4:15pm Writing Workshop	3:30-4pm Relaxation	3-3:45pm Astronomy 3-3:45pm Living with Vision Loss	2-3pm Brain Play 3-3:30pm Know Your Brain	1-2pm 7 Senses in 7 Weeks	2-2:30pm A to Z Quiz Time	
6-6:15pm Gratitude	4-4:45pm Bingo 6-6:15pm Gratitude	4-5pm Discovering Our Well-Being 6-6:15pm Gratitude 7:30-8pm Environ. Sensitivities	4-5pm Hanging Out 5-5:30pm Who Am I? 6-6:15pm Gratitude	2-3pm Read Aloud 3-3:45pm Book Group 6-6:15pm Gratitude	3pm Special Events Armchair Travelers Parties Imagination Station Interviews 4-4:30pm Movie Madness 6-6:15pm Gratitude	6-6:15pm Gratitude