

September 2020

*Dates and times are subject to change, please call (916) 369-7872 or speak with your Advocate for the most up to date information.

CONTACT INFORMATION

All groups are facilitated by SeniorLink staff via Zoom. To sign-up, please contact group facilitator:

Janette—916.955.0525

Jazmine—916.261.6053

Linda—916.267.7219

Mimee—916.417.8258

Yang—916.764.2048

Mon	Tue	Wed	Thu	Fri
	<p>1</p> <p>1:00-2:00pm BRAIN GAMES: CHAIN REACTION</p>  <p>Facilitator: Jazmine</p>	<p>2</p> <p>NO CLASS</p>	<p>3</p> <p>1:00-2:00pm HMONG SOCIAL GROUP RIDDLES</p>  <p>Facilitator: Yang</p>	<p>4</p> <p>1:00-2:00pm SPANISH SOCIAL GROUP HISPANIC HERITAGE MONTH</p> <p>Facilitators: Janette/Linda</p>
<p>7</p> <p>OFFICE CLOSED</p> 	<p>8</p> <p>1:00-2:00pm SCAVENGER HUNT</p> <p>Facilitator: Jazmine</p>	<p>9</p> <p>1:00-2:00pm SHARING THE LAUGHTER</p>  <p>Facilitator: Mimee</p>	<p>10</p> <p>1:00-2:00pm HMONG SOCIAL GROUP SOCIAL DISTANCE BINGO</p> <p>Facilitator: Yang</p>	<p>11</p> <p>1:00-2:00pm SPANISH SOCIAL GROUP VIRTUAL TOURS</p>  <p>Facilitators: Janette/Linda</p>
<p>14</p> <p>1:00-2:00pm PEER TO PEER OPEN DISCUSSION</p>  <p>Facilitator: Debra</p>	<p>15</p> <p>1:00-2:00pm BRAIN GAMES: WHEEL OF FORTUNE</p> <p>Facilitator: Jazmine</p>	<p>16</p> <p>1:00-2:00pm SHARING THE LAUGHTER</p> <p>Facilitator: Mimee</p>	<p>17</p> <p>1:00-2:00pm HMONG SOCIAL GROUP HEALTH AND WELLNESS</p>  <p>Facilitator: Yang</p>	<p>18</p> <p>1:00-2:00pm SPANISH SOCIAL GROUP TRADITIONS</p> <p>Facilitators: Janette/Linda</p>
<p>21</p> <p>1:00-2:00pm PEER TO PEER CHANGE: NEW NORMAL</p> <p>Facilitator: Debra</p>	<p>22</p> <p>1:00-2:00pm SCATAGORY</p>  <p>Facilitator: Jazmine</p>	<p>23</p> <p>1:00-2:00pm SHARING THE LAUGHTER</p>  <p>Facilitator: Mimee</p>	<p>24</p> <p>1:00-2:00pm HMONG SOCIAL GROUP VIRTUAL FIELD TRIP</p> <p>Facilitator: Yang</p>	<p>25</p> <p>1:00-2:00pm SPANISH SOCIAL GROUP FOOD AND RECIPES</p>  <p>Facilitators: Janette/Linda</p>
<p>28</p> <p>1:00-2:00pm PEER TO PEER POSITIVE LIFESTYLE</p>  <p>Facilitator: Debra</p>	<p>29</p> <p>1:00-2:00pm BRAIN GAME</p> <p>Facilitator: Jazmine</p>	<p>30</p> <p>1:00-2:00pm DANCE & EXERCISE</p>  <p>Facilitator: SeniorLink staff</p>		<p>Closed Saturdays & Sundays</p>