

CONTACT INFORMATION

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

Janette—916.995.0525

Jazmine—916.261.6053


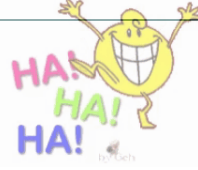



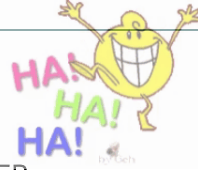



Linda—916.267.7219

Mimee—916.417.8258

Yang—916.764.2048

Jeneba- 916.267.4663

Laura - 916.764.1930

Mon	Tue	Wed	Thu	Fri
	1	2 1:00-2:00pm SHARING THE LAUGHTER Facilitator: Mimee	3 1:00-2:00pm HMONG SOCIAL GROUP Facilitator: Yang	4 10:00 - 11:00am SPANISH SOCIAL GROUP Facilitators: Janette/Linda 11:00am Grief Loss Facilitator: Debra
7 1:00-2:00pm PEER TO PEER Facilitator: Janette	8 1:00-2:00pm BRAIN GAMES Bingo Facilitator: Jazmine 	9  1:00-2:00pm SHARING THE LAUGHTER Facilitator: Mimee	10 1:00-2:00pm HMONG SOCIAL GROUP Facilitator: Yang 	11 10:00 - 11:00am SPANISH SOCIAL GROUP Facilitators: Janette/Linda 11:00am Grief Loss Facilitator: Debra 
14 1:00-2:00pm PEER TO PEER Facilitator: Janette	15 1:00-2:00pm BRAIN GAMES EFT - Emotional Freedom Tapping Facilitator: Jazmine	16 1:00-2:00pm SHARING THE LAUGHTER Facilitator: Mimee	17 1:00-2:00pm HMONG SOCIAL GROUP Facilitator: Yang	18 10:00 - 11:00am SPANISH SOCIAL GROUP Facilitators: Janette/Linda 11:00am Grief Loss Facilitator: Debra
21 1:00-2:00pm PEER TO PEER Facilitator: Janette	22 1:00-2:00pm BRAIN GAMES Trivia Facilitator: Jazmine 	23  1:00-2:00pm SHARING THE LAUGHTER Facilitator: Mimee	24 1:00-2:00pm HMONG SOCIAL GROUP Facilitator: Yang 	25 10:00 - 11:00am SPANISH SOCIAL GROUP Facilitators: Janette/Linda 11:00am Grief Loss Facilitator: Debra 
28 1:00-2:00pm PEER TO PEER Facilitator: Janette	29 1:00-2:00pm BRAIN GAMES Meditation & Breathing selfcare -tips Facilitator: Jazmine	30 1:00-2:00pm Exercise Facilitator: Yang 		

Closed Saturdays & Sundays