

### Upcoming SeniorLink Events

- **Movie Day at Regal Natomas (Superman) - July 15th**
  - ◊ **RSVP by: July 11th**
- **Alzheimer/Dementia Workshop - August 6th**
  - ◊ **RSVP by: July 25th**
- **Brain Health Workshop (Hypertension) - August 20th**
  - ◊ **RSVP by: August 1st**
- **Zumba Party - August 27th**  
(Hosted by: Terri Alfaro and Candice Hunt)
  - ◊ **RSVP by: August 20th**

Please be sure you call the office or call your Advocate to RSVP. We will not be taking late RSVPs for any of these events. Thank you for your cooperation and we look forward to seeing you!



SeniorLink

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SACRAMENTO  
COUNTY



### NO GRIEF and LOSS SUPPORT GROUP

There will not be any Grief and Loss Support Group for the month of July. The facilitator will give packets in her absence. The group will resume as usual in August. Thanks for your cooperation.