

2017 Matter of Balance and Stepping On Schedule

Matter Of Balance Classes

1. **Belmont - Twin Pines**
9/12 to 10/31/17
Every Tuesday from 10am to 12noon
20 Twin Pines Lane, Belmont, CA
650-595-7445
2. **San Carlos Adult Community Center**
9/27 to 11/15; every Wednesday from 2 to 4pm
601 Chestnut Street, San Carlos, CA
650-802-4384
3. **Sequoia Health and Wellness**
9/28 – 11/16, Every Thursday from 10am to 12pm
749 Brewster St, Redwood City
650-367-5998
4. **Sunnyvale Senior Center**
9/11 to 10/30/17; every Monday from 9:30 to 11:30am
550 E Remington Dr, Sunnyvale, CA
408-730-7360
5. **Mountain View Senior Center**
9/11 to 10/30/17; every Monday from 1:30 to 3:30pm
266 Escuela Ave, Mountain View, CA
650-903-6330
6. **Palo Alto Family YMCA**
9/13 to 11/1/17, every Wednesday from 2:30-4:30 pm
3412 Ross Road, Palo Alto, CA
650-856-9622
7. **El Camino YMCA**
9/26 to 11/14/17; every Tuesday from 2 to 4pm
2400 Grant Road, Mountain View, CA
650-969-9622

STEPPING ON Classes

8. **San Mateo Main Library**
8/15 to 9/26/17 booster class 12/13/17; every Tuesday from 10am-noon
55 West 3rd Ave., San Mateo, CA
to register call: 1-844-NOFalls (844-663-2557)

9. Avenidas

9/7 to 10/19/17; every Thursday from 9:30-11:30 am

4000 Middlefield Road, Palo Alto, CA (Note: New temporary location in south Palo Alto)

650-289-5400

10. Magnolia Senior Center

9/14-10/26/17 booster class 1/26/18; every Thursday from 10am-noon

601 Grand Ave. South San Francisco, CA

to register call: 1-844-NOFalls (844-663-2557)