



August 2023

Week 1 (August 1 - 4, 2023)

August 1st (Tuesday)

9am - National Eye Exam Month

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1pm - Discussion Group (El Cerrito)

Week 3 (August 14 - 18, 2023)

August 15th (Tuesday)

9am - National Relaxation Day

August 17th (Thursday)

11am - Discussion Group (Vallejo)

Week 2 (August 7 - 11, 2023)

August 8th (Tuesday)

9am - International Assistance Dog Week

August 9th (Wednesday)

10am - Discussion Group (Oakland)

Week 4-5 (August 21 - 31, 2023)

August 22nd (Tuesday)

9am-3pm - ABCs Excursion to Tilden Park

August 25th (Friday)

10am Discussion Group (LCVI/Pittsburg)

August 29th (Tuesday)

9am - Celebration of Blind Musicians