







# June



2019

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	Intro Tai Chi will resume after a short break on June 24th	Brown Bag is on Friday June 28th. Blood pressure clinic is Wednesday the 26th at 2:00			10:00 Friday June 7th; Book Discussion Group meets at Milne Library	1
2 	3 9:00 Yoga 10:30 Exercise 2:30 Balance	4 9:00 Oil Painting Terrace clean up afternoon	5 9:00 Yoga 10:30 Exercise 12:30 Coloring Group 1:00 Bridge	6 9:00 Walking Group 9:30 Tai Chi 11:15 Balance Class 5:00 Wt. Watchers	7 9:00 Yoga 10:30 Exercise 12:00 Cookout 1:00 Fire Safety 3:00 Loss Support	8
9	10 9:00 Yoga 10:30 Exercise 2:30 Balance	11 9:00 Oil Painting 10:30 Coffee and Cookies 1:00 Pickle Ball demo #1	12 9:00 Yoga 10:30 Exercise 12:30 Coloring Group 1:00 Bridge	13 9:00 Walkers 9:30 Tai Chi 11:15 Balance 1:00 Ice Cream 5:00 Wt. Watchers	14 9:00 Yoga 10:30 Exercise 1:00 Bingo 3:00 Loss Support	15
16 	17 9:00 Yoga 10:30 Exercise 2:30 Balance	18 8:30 Foot Care 9:00 Oil Painting 1:00 Pickle Ball demo #2	19 9:00 Yoga, Nordic Walking 10:30 Exercise 12:30 Coloring Group 1:00 Bridge	20 9:00 Walkers 9:30 Tai Chi 11:15 Balance 1:00 Ice Cream 5:00 Wt. Watchers	21 9:00 Yoga 10:30 Exercise 1:00 Bingo 3:00 Loss Support	22 
23/30	24 9:00 Yoga 10:30 Exercise 1:00 Intro Tai Chi resumes 2:30 Balance	25 9:00 Oil Painting 1:00 Mary Menotti piano bar	26 9:00 Yoga, Nordic Walking 10:30 Exercise 12:30 Coloring Group 1:00 Bridge	27 9:00 Walkers 9:30 Tai Chi 11:15 Balance 5:00 Wt. Watchers	28 9:00 Yoga 10:30 Exercise 1:00 Volunteer Recognition 3:00 Loss Support	29