

JUNE

Outdoor Walk to Cullen Park May 18

Legend

SC - Seniors' Center

SH - Schoolhouse

FSL - Fireside Lounge

MS - Main Street

OS - Offsite

Questions? Call 8017 to reach Amelie or Melissa



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:30 Balance - SC	2 10:30 Hand Therapy - SH 3:00 Stretch/Strengthen - SC 3:30 Level 1 - SC	3 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	4 2:30 Level 2 - SC 3:30 Level 1 - SC	5 2:00 Balance - SC 3:30 Level 1 - SC	6 10:30 Men's Strength Training - SC	7 9:30 Outdoor Morning Stretch - OS (meet in SC) 10:00 Level 2 - SC
8 2:30 Balance - SC	9 10:15 Swimming - OS (sign-up) 3:00 Stretch/Strengthen - SC	10 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	11 2:30 Level 2 - SC 3:30 Level 1 - SC	12 9:30 Outdoor Morning Stretch - OS (meet in SC) 2:00 Balance - SC 3:30 Level 1 - SC	13 3:30 Level 1 - SC	14
15	16 10:15 Swimming - OS (sign-up) 10:30 Hand Therapy - SH 3:00 Stretch/Strengthen - SC	17 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	18 10:15 Walk at Cullen Park - OS (sign-up) 2:30 Level 2 - SC 3:30 Level 1 - SC	19 2:00 Balance - SC 3:30 Level 1 - SC	20 10:30 Men's Strength Training - SC 3:30 Level 1 - SC	21 9:30 Outdoor Morning Stretch - OS (meet in SC) 10:00 Level 2 - SC
22 2:30 Balance - SC	23 10:30 Hand Therapy - SH 3:00 Stretch/Strengthen - SC	24 10:30 Women's Fitness - SC 1:30 Walker/Wheelchair Repair - FSL 2:00 Chair Yoga - SC 3:30 Level 1 - SC	25 2:00 Level 2 - SC 3:30 Level 1 - SC	26 3:30 Level 1 - SC	27 10:30 Men's Strength Training - SC 3:30 Level 1 - SC	28 10:00 Level 2 - SC
29 2:30 Balance - SC	30 10:30 Hand Therapy - SH 3:00 Exercise Circuit - SC	  #ElderWisdom 10th Anniversary				