

# JUNE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> 9:15am - Stretching + ROM East - Family Room West - Parkview	<b>3</b> 9:15 am - Upper Extremity Strengthening East - Family Room West - Parkview	<b>4</b> 9:15 am - Walking Club	<b>5</b> 9:15 am - Lower Extremity Strengthening East - Family Room West - Parkview	<b>6</b> 9:15 am - Posture + Core East - Family Room West - Parkview	<b>7</b>
<b>8</b> 9:15 am - Stretching + ROM Est - Family Room	<b>9</b> 9:15 am - Stretching + ROM West - Parkview	<b>10</b> 9:15 am - Upper Extremity Strengthening East - Family Room West - Parkview	<b>11</b> 9:15 am - Walking Club	<b>12</b> 9:15 am - Lower Extremity Strengthening East - Family Room West - Parkview	<b>13</b> 9:15 am - Posture + Core East - Family Room West - Parkview	<b>14</b>
<b>15</b>	<b>16</b> 9:15 am - Stretching + ROM East - Family Room West - Parkview	<b>17</b> 9:15 am - Upper Extremity Strengthening East - Family Room West - Parkview	<b>18</b> 9:15 am - Walking Club	<b>19</b> 9:15 am - Lower Extremity Strengthening East - Family Room West - Parkview	<b>20</b> 9:15 am - Posture + Core East - Family Room West - Parkview	<b>21</b>
<b>22</b>	<b>23</b> 9:15 am - Stretching + ROM East - Family Room West - Parkview	<b>24</b> 9:15 am - Upper Extremity Strengthening East - Family Room West - Parkview	<b>25</b> 9:15 am - Walking Club	<b>26</b> 9:15 am - Lower Extremity Strengthening East - Family Room West - Parkview	<b>27</b> 9:15 am - Posture + Core East - Family Room West - Parkview	<b>28</b>
<b>29</b>	<b>30</b> 9:15 am - Stretching + ROM East - Family Room West - Parkview	<div><div><div>#ElderWisdom 10th Anniversary</div></div><div></div></div> <div></div>				