

# June

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 11:00 Arthritis Exercise 12:30 Bridge	3 11:00 a.m. stretching 11:45 ENT Talk by Dr. Patel	4
5	6 12:30 Bridge	7 11:00 Arthritis Exercise 12:30 Social Meeting Bingo/Hand & Foot	8 12:30 senior fair	9 11:00 Arthritis Exercise 12:30 Bridge	10 12:30 Bridge	11
12	13 11:00 Planning Meeting 12:30 Bridge	14 11:00 Chair Yoga 12:30 Hand & Foot	15	16 11:00 Arthritis Exercise 12:30 Bridge	17 12:30 Bridge	18
19	20 12:30 Bridge	21 11:00 Arthritis Exercise 11:45 Arts & Crafts* 12:00 Bus Meet/ Bingo	22	23 11:00 Arthritis Exercise 12:30 Bridge	24 12:30 Bridge	25
26	27 12:30 Bridge	28 11:00 Arthritis Exercise 12:30 Hand & Foot	29 12:00 Optional Potluck 12:30 Birthday Party BINGO	30		
		*Please don't forget to bring your empty toilet and paper towel rolls to turn into beautiful flowers for the ARTS & CRAFTS!!!				