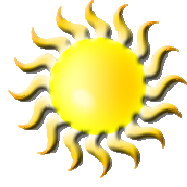


JUNE 2011



DATES TO REMEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 COA mtg. 9:30 Walk 9 & 1 T'ai Chi 4:00	2 Exercise 9:30	3 Walk 9 & 1 Silver Needles 1:00	4
5	6 Yoga 8:30 Walk 9 & 1 Arthritis Ex 9:30 <i>GAC Raffle-after lunch</i>	7 Sew What 9:00 Exercise 9:30	8 Walk 9 & 1 <i>Ukrainian Egg Class</i> 12:30 T'ai Chi 4:00	9 Exercise 9:30 <i>Birthdays - Be a Mad-Hatter!</i>	10 Walk 9 & 1 Silver Needles 1:00	11
12	13 Yoga 8:30 Walk 9 & 1 Arthritis Ex 9:30	14 Sew What 9:00 Exercise 9:30 GAC mtg. 11:00	15 Walk 9 & 1 SALT mtg. 10:00 T'ai Chi 4:00	16 Exercise 9:30 <i>Fallon Info 10:00</i> <i>B.P. Clinic 10:30</i>	17 Walk 9 & 1 Silver Needles 1:00	18
19 <i>Happy Father's Day!</i>	20 Yoga 8:30 Walk 9 & 1 Arthritis Ex 9:30	21 Sew What 9:00 Exercise 9:30	22 <i>Volunteer Recognition Luncheon 11:00</i> <i>Foot Clinic - by appt.</i> T'ai Chi 4:00	23 Exercise 9:30	24 <i>Mini Health Fair</i> 1:30 - 3:00 Walk 9 & 1 Silver Needles 1:00	25
26 	27 Yoga 8:30 Walk 9 & 1 Arthritis Ex 9:30	28 Sew What 9:00 Exercise 9:30	29 Walk 9 & 1 T'ai Chi 4:00	30 Exercise 9:30 <i>Meet CEO of Harrington Hospital 11:15</i> Line Dancing 1:30		* Programs Subject to Change