




JUNE 2018

MONTHLY HEALTHY HABIT: GET AT LEAST 8 HOURS OF SLEEP EVERY DAY!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>BEGINNING MONDAY JUNE 4TH FARMERS MARKET VOUCHERS WILL BE AVAILABLE DAILY IN THE OFFICE FROM 10 to 2</p>				<p>1</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG</p>	<p>2</p>
<p>3</p>	<p>4</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 11:30 WSC PEER EDUCATORS PRESENT: HOW TO TALK TO YOUR DOCTOR (Lounge) 1:30 YOGA (VIDEO)</p>	<p>5</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFE</p>	<p>6</p> <p>9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING</p>	<p>7</p> <p>10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS (<i>NOW WITH JUDY - TUESDAYS & THURSDAYS</i>)</p>	<p>8</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG</p>	<p>9</p> <p>UMSSC BAND PLAYING AT UMT FARMERS MARKET STRAWBERRY FESTIVAL</p>
<p>10</p>	<p>11</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)</p>	<p>12</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 10:00 TECH HELP 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING</p>	<p>13</p> <p>9:30 GENERAL MEETING 9:30 WEDNESDAY CARD PLAYERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING 1:30 RED HAT LADIES</p>	<p>14</p> <p>10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 OUTREACH - BRIGGS 12:30 FUN & FITNESS (<i>NOW WITH JUDY - TUESDAYS & THURSDAYS</i>)</p> <p>FLAG DAY</p>	<p>15</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG 11:15 FRIDAY FLICKS</p>	<p>16</p>
<p>17</p> 	<p>18</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)</p>	<p>19</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFE</p>	<p>20</p> <p>9:30 VALLEY FORGE CASINO 9:30 WEDNESDAY CARD PLAYERS 10:00 PERSIAN SENIOR GROUP 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING</p>	<p>21</p> <p>9:45 EXCURSION GROUP TRIP STONELEIGH GARDENS 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS (<i>NOW WITH JUDY - TUESDAYS & THURSDAYS</i>)</p> <p>SUMMER BEGINS</p>	<p>22</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 MAIN LINE HEALTH PRESENT: CARDIO VASCULAR DISEASE 1:30 YOGA (VIDEO)</p>	<p>26</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING</p>	<p>27</p> <p>9:30 WEDNESDAY CARD PLAYERS 9:30 QUILTING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB 1:30 WELLNESS WEDNESDAY</p>	<p>28</p> <p>10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 10:15 NURSE 11:30 OUTREACH - LEACH 12:30 FUN & FITNESS (<i>NOW WITH JUDY - TUESDAYS & THURSDAYS</i>)</p>	<p>29</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG</p>	<p>30</p>