

# JUNE



Mondays 11am to 1pm & Wednesdays 10am to 1pm Vaccines & Blood Pressure Checks in the Wellness Center



Games any type, anytime, everyday

Crafting any type, anytime, everyday

## MORNING

## AFTERNOON

9am Steppin' Seniors Walking Grp

12:30 Grooving and Walking

M

10am BingoCize



1:00 A Way of Seeing Art Experience Class

12:30 Xbox Kinect

9am Sewing All Day

12:30 Walking Group

T

10am Exercise

Crafting and Games

9:00am Steppin' Seniors Walking Grp

12:30pm Mexican Train Dominoes

W

10am BingoCize



Crafting and Games

8:30am Yoga

12:30 Bingo

T

10am Exercise

12:30 Walking Group

12pm Noon-Time Nutrition

9am Steppin' Seniors Walking Grp

12:30pm Xbox Kinect Games

F























10am Computer Assistance

10am ZUMBA

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## Dates to Remember this Month

-  1 National Say Something Nice Day
-  2 9am Produce on Wheels in the S. Parkinglot-  
10-11:30am Health & Wellness Focus Group
-  3 Silly Slippers Day - Wear your silliest slippers
  
-  6
-  7
-  8 Birthday Lunch 50/50 Raffle Tickets 3 for \$1.00  
5:30-7:00pm Health District Forum
-  9 9:00am Produce on Wheels in the South Parking
-  10 National Flip Flop Day
  
-  13
-  14 9am to 2pm Nevada Legal Services (By Appointment only) Flag Day
-  15 All Day Western Wednesday-World Elder Abuse Awareness Day
-  16
-  17 1pm Northern Nevada Center for Independent Living - Mark Tadder
  
-  20
-  21 Summer Solstice - Bring your Beach balls
-  22 12:45 Seniors Eating Well - Senior Commodities 11:50 am - 12:45
-  23 National Pink day
-  24
  
-  27 National Sunglasses Day-Wear your Sunglasses
-  28
-  29 Hug Holiday
-  30 National Handshake Day