

June 2024

Age Confidently....Age Comfortably....Age Creatively....SM

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9:00 Walking Group 10:00 Line Dance Class 11:30 Lunch - Goulash 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 3:00 Tech Help 6:00 Dance	9:00 Walking Group 9:00 Arthritis Exercise Class 10:00 High Blood Pressure Workshop 11:30 Lunch - Chicken Tenderloins 12:45 Euchre 1:00 Weight Loss Support Group 3:00 Tai Chi Club	9:00 Walking Group 9:30 Legal Advice 11:30 Lunch - Philly Steak w/ Cheese	12:00 Hand Knee & Foot Cards 1:00 Craft Sharing Group 9:00 Walking Group 9:00 Arthritis Exercise Class 11:30 Lunch - Sweet & Sour Meatballs 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class	9:00 Coffee & Donuts on the Patio 9:00 Walking Group 9:30 Dementia Caregiver Workshop 10:00 MMAP (Medicare / Medicaid Assistance Program) 11:30 Lunch - Oven Fried Fish 12:30 Dominoes 12:45 Euchre
10	11	12	13	14
9:00 Walking Group 10:00 Line Dance Class 11:30 Lunch - Italian Sub w/salami & ham 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 3:30 Mock-a-Rita Bar, Salsa, Chips & Music 6:00 Dance	9:00 Walking Group 9:00 Arthritis Exercise Class 10:00 High Blood Pressure Workshop 11:30 Lunch - We'll Be Serving Lunch Chicken Tacos 12:45 Euchre 1:00 Weight Loss Support Group 3:30 Gemini Concert 4:30 Mostaccioli Dinner No Tai Chi Club	9:00 Walking Group 11:30 Lunch - Chef's Choice	12:00 Hand Knee & Foot Cards 1:00 Craft Sharing Group 1:00 Scrap-booking Class 9:00 Walking Group 9:00 Arthritis Exercise Class 11:30 Lunch - Boneless BBQ Rib 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class	9:00 Coffee & Donuts on the Patio 9:00 Walking Group 9:30 Dementia Caregiver Workshop 10:00 MMAP (Medicare / Medicaid Assistance Program) 10:00 Father's Day/ Men's Luncheon 11:30 Lunch - Takeout only today - Creole Steak 12:30 Dominoes 12:45 Euchre

<p style="text-align: right;">17</p> <p>9:00 Walking Group 10:00 Line Dance Class 11:30 Lunch - Breaded Chicken Breast 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 3:00 Tech Help 6:00 Dance</p>	<p style="text-align: right;">18</p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class 10:00 Blood Sugar Testing 10:00 High Blood Pressure Workshop 11:30 Lunch - Ravioli w/ Beef Sauce 12:45 Euchre 1:00 Weight Loss Support Group 2:00 Commodities & TEFAP 3:00 Tai Chi Club</p>	<p style="text-align: right;">19</p> <p>9:00 Walking Group 9:00 Country View Bulk Foods Trip 11:30 Juneteenth Freedom Luncheon - Hot Dog, Potato Salad, Corn & Dessert</p> <p>12:00 Hand Knee & Foot Cards 1:00 Craft Sharing Group 1:00 Quilling Class</p>	<p style="text-align: right;">20</p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class 11:30 Birthday Lunch - Grilled Chicken Salad 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class</p>	<p style="text-align: right;">21</p> <p>9:00 Walking Group 9:00 Breakfast Club 9:30 Dementia Caregiver Workshop 10:00 MMAP (Medicare / Medicaid Assistance Program) 10:30 Lunch Bunch 11:30 Lunch - BBQ Chicken Thigh 12:30 Dominoes 12:45 Euchre</p>
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<p style="text-align: right;">24</p> <p>9:00 Walking Group 10:00 Line Dance Class 11:30 Lunch - Beef and Broccoli Lo Mein 12:00 BP Checks 12:30 Pinochle 12:30 Bingo 6:00 Dance</p>	<p style="text-align: right;">25</p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class 10:00 High Blood Pressure Workshop 11:30 Lunch - Sloppy Joes 12:45 Euchre 1:00 Weight Loss Support Group 3:00 Tai Chi Club</p>	<p style="text-align: right;">26</p> <p>9:00 Walking Group 11:00 Art A La Carte at the FIA 11:30 Lunch - We'll be Serving!!! BBQ Pulled Pork</p> <p>12:00 Hand, Knee & Foot Cards 1:00 Craft Sharing Group 3:00 Book Club</p>	<p style="text-align: right;">27</p> <p>9:00 Walking Group 9:00 Arthritis Exercise Class 11:30 Lunch - Spanish Rice w/ Beef 12:30 Pinochle 12:30 Bingo 3:00 PoKeno 3:30 Brain Exercise Class 5:00 BUNCO NIGHT</p>	<p style="text-align: right;">28</p> <p>9:00 Free Donuts & Coffee on the Patio 9:00 Walking Group 10:00 MMAP (Medicare / Medicaid Assistance Program) 11:30 Lunch - Mac & Cheese 12:30 Dominoes 12:45 Euchre</p>
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GDL Entertainment



2024 Travel Show



Exercise Class Tuesday & Thursday



Line Dance Class Mondays