

JUNE ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00 A.M. QI GONG 1:00 P.M. PITCH	2 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	3 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT 5:00 P.M. PITCH & POTLUCK
6 9:00 A.M. YOGA 1:00 P.M. PITCH	7 10:00 A.M. BODY BASIC 1:00 P.M. DOMINOES	8 BIRTHDAY/ANNIV 9:00 A.M. QI GONG 11:30 A.M. BLOOD PRESSURE 1:00 P.M. JANET JEFFRIES	9 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	10 8:30 OR 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
13 9:00 A.M. YOGA 1:00 P.M. PITCH	14 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT FOOT CLINIC	15 9:00 A.M. QI GONG 1:00 P.M. PITCH	16 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. BINGO LIVERPOOL RUMMY	17 8:30 or 9:30 A.M. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
20 9:00 A.M. YOGA 1:00 P.M. PITCH	21 10:00 A.M. BODY BASIC 12:30 P.M. MEDICARE BINGO 1:00 P.M. DOMINOES	22 9:00 A.M. QI GONG 1:00 P.M. PITCH	23 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 11:00-1:00 P.M. POTATO BAKE	24 8:30 a.m.or 9:30 a.m. TAI CHI 9:00 A.M. DONUTS & COFFEE 1:00 P.M. HAND & FOOT
27 9:00 A.M. YOGA 1:00 P.M. PITCH	28 10:00 A.M. BODY BASIC 1:00 P.M. HAND & FOOT	29 9:00 A.M. QI GONG 1:00 P.M. PITCH	30 9:00 A.M. RESISTANCE BANDS 10:00 A.M. BODY BASIC 1:00 P.M. LIVERPOOL RUMMY	