

# June 2022

## Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9AM-12PM Hand & Foot 12PM MMOW LUNCHEON	2 9AM Essentrics Stretch & Tone <b>10AM Fall Prevention</b> 1PM Embroidered Greeting Cards 7-9PM Pickin&Grinnin'	3 1PM Pilates
6 9AM Tai Chi 9AM-12PM Hand & Foot	7 9:15-9:50AM Total Fit 12:30-3:30PM Party Bridge	8 9AM-12PM Hand & Foot <b>11:30AM Traveling Trunk with Stacy</b> 12PM MMOW LUNCHEON BINGO	9 9AM Essentrics Stretch & Tone 12:30PM Duplicate Bridge 1PM Embroidered Greeting Cards 7-9PM Pickin&Grinnin'	10 1PM Pilates
13 9AM Tai Chi 9AM-12PM Hand & Foot <b>1PM Cash Bingo</b>	14 9:15-9:50AM Total Fit 12:30-3:30PM Party Bridge	15 9AM-12PM Hand & Foot 12PM MMOW LUNCHEON	16 9AM Essentrics Stretch & Tone 1PM Embroidered Greeting Cards 7-9PM Pickin&Grinnin'	17 1PM Pilates <b>TRIP: Lavender Ridge</b>
20 9AM Tai Chi 9AM-12PM Hand & Foot	21 9:15-9:50AM Total Fit 12:30-3:30PM Party Bridge	22 9AM-12PM Hand & Foot <b>11:30AM Blood Pressure Checks with Brandon Valora</b> 12PM MMOW LUNCHEON BINGO	23 9AM Essentrics Stretch & Tone 12:30PM Duplicate Bridge 1PM Embroidered Greeting Cards 7-9PM Pickin&Grinnin'	24 <b>11:30AM Lunch/Brunch</b> 1PM Pilates
27 9AM Tai Chi 9AM-12PM Hand & Foot <b>1PM Cash Bingo</b>	28 9:15-9:50AM Total Fit 12:30-3:30PM Party Bridge	29 9AM-12PM Hand & Foot 12PM MMOW LUNCHEON	30 9AM Essentrics Stretch & Tone 1PM Embroidered Greeting Cards 7-9PM Pickin&Grinnin'	