

JUNE 2023 EVENTS CALENDAR

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 Senior Services Closed for relocation	2 Senior Services Closed for relocation	3
4 1:00-3:00 Knitters & Yarn Crafters @ Library	5 10:15 Yoga @ ARC 12:00 Lunch @ HHS	6 10:00 Balance Class @ AVH conference room	7 10:15 Yoga @ ARC 12:00 Lunch @ HHS	8 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS 1:30 History's Mysteries with Christi Couch @ Library	9 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	10
11 1:00-3:00 Knitters & Yarn Crafters @ Library	12 10:15 Yoga @ ARC 12:00 Lunch @ HHS 1:20 Japanese Traditions @ Library	13 10:00 Balance Class @ AVH conference room Redstone Senior Day: Line Dancing Lesson with Christi Couch	14 10:15 Yoga @ ARC 12:00 Lunch @ HHS 12:45 Massage with Joanne Johnson @ HHS	15 10:00 Qigong @ ARC 10:00 Water Aerobics @ ARC 12:00 Lunch @ HHS 1:30 Dementia-Related Behaviors @ Library	16 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	17
18 1:00-3:00 Knitters & Yarn Crafters @ Library	19 Senior Services closed for Juneteenth	20 10:00 Balance Class @ AVH conference room	21 10:15 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Senior Services Council @ HHS 2:00 "Fresh Conversation" on Macular Degeneration & Glaucoma, via Zoom	22 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS 1:30 Managing Chronic Pain & Arthritis @ Library	23 12:00 Lunch @ HHS 1:30 Brush Up Your Bridge @ HHS	24
25 1:00-3:00 Knitters & Yarn Crafters @ Library	26 10:15 Yoga @ ARC 12:00 Lunch @ HHS 1:00 Seniors At Play @ HHS	27 10:00 Balance Class @ AVH conference room Redstone Senior Day: Patriotic Party	28 Yoga canceled 10:00 Book Club @ Library 12:00 Lunch @ HHS Lawn Bash @ Red Brick Library & Zoom 6:00 Tatvamasi @ Pitco Library & Zoom	29 10:00 Water Aerobics @ ARC 10:00 Qigong @ ARC 12:00 Lunch @ HHS	30 12:00 Lunch @ HHS 1:00 Sound Healing Meditation @ Library 1:30 Brush Up Your Bridge @ HHS	