

November 2014



250 W Continental Road
 Ste 500
 Green Valley, AZ 85622
 520-393-6700

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 1:00-2:30 p.m. AAUW Stitch Group	4 9-4 p.m. PCOA Medicare Counseling by appointment only.	5 9-11 a.m. Blood Pressure Screening 1:00-4:00 p.m. Balance Screening	6 9:00 a.m.-4:00 p.m UHC Insurance Counselors 12:00-1:30 p.m. UU Covenant Circle Lunch Group	7 10-3 p.m. Glow Designer Wigs Demonstration	8
9	10 1-2 p.m. Wii Bowling	11 9-4 p.m. PCOA Medicare Counseling by appointment only.	12 9-11 a.m. Blood Pressure Screening	13	14 2-3 p.m. Ask the Nutritionist 3-4 p.m. Controlling your Diabetes Class	15
16	17 1:00-2:30 p.m. AAUW Stitch Group	18 9-4 p.m. PCOA Medicare Counseling by appointment only 10-12 p.m. Memory Screenings	19 9-11 a.m. Blood Pressure Screening 1-3 p.m. AAUW Non-Fiction Book Group	20 9:00 a.m.-4:00 p.m UHC Insurance Counselors 1:30-3:00 p.m. Green Valley Nurses Discussion Group	21 2-3 p.m. Ask the Nutritionist 3-4 p.m. Controlling your Diabetes Class	22
23	24 1-2 p.m. Wii Bowling	25	26 9-11 a.m. Blood Pressure Screening	27	28 10:30-11:30 a.m. Parkinson's Journaling 2-3 p.m. Ask the Nutritionist 3-4 p.m. Controlling your Diabetes Class 4-5 p.m. Weight Loss Class	29
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**Please note, this calendar may change. Check for updates at our online calendar: <http://posadalife.org/community-services/community-connect/RSVP> necessary for nutrition class please call (520)393-6700