

January 2017



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>2 9:15-10:15 AM Strong Bones Workout</p> <p>1:00-3:00 PM AAUW Stitch Group</p>	<p>3 Nutritionist available please call for appointment</p>	<p>4 9:00-11:00 AM Blood Pressure Screening</p> <p>1:00-4:00 PM Balance Screening</p>	<p>5 2:30-3:30 PM Parkinson's Brain Exercise</p>	<p>6 1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss</p>	7
8	<p>9 9:15-10:15 AM Strong Bones Workout</p> <p>1:00-3:00 PM AAUW Stitch Group</p>	<p>10 2:30-3:00 PM Ask the Nutritionist</p> <p>3:00-4:00 PM Controlling your Diabetes Class</p> <p>4:00-5:00 PM Weight Loss Class</p>	<p>11 9:00-11:00 AM Blood Pressure Screening 10:00-11:00 AM</p>	<p>12 1:00-2:00 PM Give Me a Break Respite, looking out for someone @ home) Presented by Regina Ford</p>	<p>13 10:00-11:00 AM Myths & Facts about Hospice Presented by: Hospice Family Care</p> <p>1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss.</p>	14
15	<p>16 9:15-10:15 AM Strong Bones Workout</p> <p>1:00-3:00 PM AAUW Stitch Group</p>	<p>17 Nutritionist available please call for appointment</p>	<p>18 9:00-11:00 AM Blood Pressure Screening</p> <p>1:30 -3:30 PM AAUW Non-Fiction Book Group</p>	<p>19 9:00-4:00 PM UCHC- Insurance Counselor</p> <p>End of Life Planning 2:00-3:00 PM Karen Richards, RN</p>	<p>20 10-12 Movie</p> <p>1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss.</p>	21
22	<p>23 9:15-10:15 AM Strong Bones Workout</p> <p>1:00-3:00 PM AAUW Stitch Group</p>	<p>24 Nutritionist available please call for appointment</p>	<p>25 9:00-11:00 AM Blood Pressure Screening</p> <p>10:30-11:30 AM ASALP Board Meeting</p>	<p>26 9:30-11:30 AM AAUW Travel Group</p> <p>1:00-2:00 PM Give Me a Break Presented by Regina Ford</p>	<p>27 1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss.</p>	28
29	<p>30 9:15-10:15 AM Strong Bones Workout</p> <p>1:00-3:00 PM AAUW Stitch Group</p>	31				

**Please note, this calendar may change. RSVP necessary for nutrition, & most classes please call (520) 393-6700