

March 2017

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00-11:00 AM Blood Pressure Screening 1:00-4:00 PM Balance Screening	2 1:00-1:20 PM AAUW Study Group: Exploring Women's Cultures 2:30-3:30 PM Parkinson's Brain Exercise	3 1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss	4
5	6 9:15-10:15 AM Strong Bones Workout 1:00-3:00 PM AAUW Stitch Group	7 Nutritionist available please call for appointment	8 9:00-11:00 AM Blood Pressure Screening 10:00-12:00 PM New Commerce Group 2:00-3:00 PM SASO Verde team meeting	9 1:00-2:00 PM Understanding & Living with Stroke. Presenter: Dr. Leslie Ritter	10 1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss.	11
12	13 9:15-10:15 AM Strong Bones Workout 1:00-3:00 PM AAUW Stitch Group	14 2:30-3:00 PM Ask the Nutritionist 3:00-4:00 PM Controlling your Diabetes Class 4:00-5:00 PM Weight Loss Class	15 9:00-11:00 AM Blood Pressure Screening 1:30 -3:30 PM AAUW Non-Fiction Book Group	16 2:00-3:00 PM Emotional Health Presenter: Karen Richards, RN	17 1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss.	18
19	20 9:15-10:15 AM Strong Bones Workout 1:00-3:00 PM AAUW Stitch Group	21 Nutritionist available please call for appointment	22 9:00-11:00 AM Blood Pressure Screening 10:00-12:00 PM Valley Fiber Arts Guild Smocking Interest Group	23 9:30-11:30 AM AAUW Travel Group 1:00-2:00 PM Give Me a Break Presenter: Regina Ford	24 1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss.	25
326	27 9:15-10:15 AM Strong Bones Workout 1:00-3:00 PM AAUW Stitch Group	28 Nutritionist available please call for appointment	29 9:00-11:00 AM Blood Pressure Screening 1:00 PM Movie Afternoon	30 9:00-4:00 PM UCHC INS Counselor	31 1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss.	

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