

April 2017



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>3 9:15-10:15 AM Strong Bones Workout</p> <p>1:00-3:00 PM AAUW Stitch Group</p>	<p>4 Nutritionist available please call for appointment</p>	<p>5 9:00-11:00 AM Blood Pressure Screening</p> <p>1:00-4:00 PM Balance Screening</p>	<p>6 1:00-1:20 PM AAUW Study Group: Exploring Women's Cultures</p> <p>2:30-3:30 PM Parkinson's Brain Exercise</p>	<p>7 1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss.</p>	8
	<p>10 9:15-10:15 AM Strong Bones Workout</p> <p>1:00-3:00 PM AAUW Stitch Group</p>	<p>11 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>12 9:00-11:00 AM Blood Pressure Screening</p>	<p>13 11-12 Understanding Long Term Care Insurance</p> <p>1:00-2:00 PM Give Me a Break Presenter: Regina Ford</p>	<p>14 1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss.</p>	15
6	<p>17 9:15-10:15 AM Strong Bones Workout</p> <p>1:00-3:00 PM AAUW Stitch Group</p>	<p>18 Nutritionist available please call for appointment</p>	<p>19 9:00-11:00 AM Blood Pressure Screening</p> <p>1:30 -3:30 PM AAUW Non-Fiction Book Group</p>	<p>20 9:00-4:00 PM UHC INS Counselor</p> <p>2:00-3:00 PM Emotional Health Presenter: Jill FERENCE Behavioral Health CM</p>	<p>21 1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss.</p>	22
3	<p>24 9:15-10:15 AM Strong Bones Workout</p> <p>1:00-3:00 PM AAUW Stitch Group</p>	<p>25 Nutritionist available please call for appointment</p>	<p>26 9:00-11:00 AM Blood Pressure Screening</p> <p>10:00-12:00 PM Valley Fiber Arts <i>Guild Smocking Interest Group</i></p> <p>1:00 PM Movie Afternoon</p>	<p>27 9:30-11:30 AM AAUW Travel Group</p> <p>1:00-2:00 PM Give Me a Break Presenter: Regina Ford</p>	<p>28 1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss.</p>	29
30	<p>31 9:15-10:15 AM Strong Bones Workout</p> <p>1:00-3:00 PM AAUW Stitch Group</p>		<p>**Please note, this calendar may change. RSVP necessary for nutrition and most classes please call (520) 393-6700 to verify</p>			