

May 2017



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:15-10:15 AM Strong Bones Workout 1:00-3:00 PM AAUW Stitch Group	2 Nutritionist available please call for appointment	3 9:00-11:00 AM Blood Pressure Screening	4 1:00-2:20 PM AAUW Study Group: Exploring Women's Cultures 2:30-3:30 PM Parkinson's Brain Exercise	5 1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss.	6
7	8 9:15-10:15 AM Strong Bones Workout 1:00-3:00 PM AAUW Stitch Group	9 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	10 9:00-11:00 AM Blood Pressure Screening	11 Valor Hospice 101 Presented by: Kay Boone (Community Liaison) 11:00 AM-12:00 PM 1:00-2:00 PM Give Me a Break Presenter: Regina Ford	12 1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss.	13
14	15 9:15-10:15 AM Strong Bones Workout 1:00-3:00 PM AAUW Stitch Group	16 Nutritionist available please call for appointment	17 9:00-11:00 AM Blood Pressure Screening 1:30 -3:30 PM AAUW Non-Fiction Book Group	18 9:00-4:00 PM UCHC INS Counselor 2:00-3:00 PM Update on Osteoporosis Presented by: Karen Richards, RN	19 1:30-2:30 PM Walking Through Jello- A class about coping with grief and loss.	20
21	22 9:15-10:15 AM Strong Bones Workout 1:00-3:00 PM AAUW Stitch Group	23 Nutritionist available please call for appointment	24 9:00-11:00 AM Blood Pressure Screening 10:00-12:00 PM Valley Fiber Arts Guild Smocking Interest Group	25 9:30-11:30 AM AAUW Travel Group 1:00-2:00 PM Give Me a Break Presenter: Regina Ford	26 9:00 - 4:30PM Unpaid Family Caregiver Training	27
28	29 9:15-10:15 AM Strong Bones Workout 1:00-3:00 PM AAUW Stitch Group	30 Nutritionist available please call for appointment	31 9:00-11:00 AM Blood Pressure Screening 1:00 PM Movie Afternoon			

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