

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. 9:15-10:15 AM Strong Bones Workout	3. Nutritionist available. Please call for appointment	4. 9:00-11:00 AM Blood Pressure Screening	5. 2:30-3:30 PM Parkinson's Brain Exercises	6. 10:00-12:00 PM Men's Discussion Group  1:00-2:00 PM Grief and Transition Support Group w/ Jim Grossman	7.
8.	9. 9:15-10:15 AM Strong Bones Workout  10:30-11:30 AM Reiki Experience	10. Nutritionist available. Please call for appointment  3:00-4:00 PM Diabetes Class. Call Connect to register.  4:00-5:00 PM Weight Loss Class Call Connect to register	11. 9:00-11:00 AM Blood Pressure Screening	12. 9:00 - 4:00 PM UHC Insurance Counselor  11:00-12:30PM FITSS Meeting  1:00-2:00 PM Give Me a Break w/Regina Ford	13. 10:00-12:00 PM Men's Discussion Group	14.
15.	16. 9:15-10:15 AM Strong Bones Workout  10:30-12:30 PM ASALP Meeting	17. Nutritionist available. Please call for appointment	18. 9:00-11:00 AM Blood Pressure Screening  1:30-3:30 PM AAUW Non-Fiction Book Club	19. 2:00-3:00 PM Living With Osteoporosis w/ Karen Richards	20. 10:00-12:00 PM Men's Discussion Group  1:00-2:00 PM Grief and Transition Support Group w/ Jim Grossman	21.
22.	23. 9:15-10:15 AM Strong Bones Workout	24. Nutritionist available. Please call for appointment	25. 9:00-11:00 AM Blood Pressure Screening  10:00-12:00 PM VFAG Smocking Interest Group	26. 10:00-12 PM Current Events Discussion Group (closed group)  1:00-2:00 PM Give Me a Break  2:30-3:30 PM Long Term Care Insurance Q&A w/ Jeff Farmer	27. 10:00-12:00 PM Men's Discussion Group  1:00-3:00 PM Afternoon Movie "HIDDEN FIGURES"	28.
2929.	30. 9:15-10:15 AM Strong Bones Workout  2:00-3:00 PM The Process of Aging w/ Pam Wigginton	31. Nutritionist available. Please call for appointment				