

# November 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	2. 2:30-3:30 PM Parkinson's Brain Exercise	3. 10:00-12:00 PM Men's Discussion Group  1:00-2:00 PM Grief & Transition Support Group w/ Jim Grossman	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  12:00-1:00 PM "What's Up Doc?" Meds and Parkinson's w/ Dr. Cynthia Reed- Neurologist	9. 9:00-4:00 PM UCHC INS Counselor  11:00-12:30 FITSS Human Services Meeting  1:00-2:00 PM Give Me a Break Presenter: Regina Ford	10. 10:00-12:00 PM Men's Discussion Group	11.
12.	13. 9:15-10:15 AM Strong Bones Workout  10:30-11:30AM Introduction to Reiki  1:00-3:00 PM AAUW Stitch Group	14. 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.	15. 10:00-11:00 AM 5 Tips For Successful Desert Gardening w/ Charlene Westgate  9:00-11:00 AM Blood Pressure Screening  1:30-3:30 PM AAUW Non- Fiction Book Club	16. 2:00-3:00 PM "Living With Heart Disease" w/ Karen Richards	17. 10:00-12:00 PM Men's Discussion Group  1:00-2:00 PM Grief & Transition Support Group w/ Jim Grossman	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 VFAG Smocking Interest Group	23. 1:00-2:00 PM Give Me a Break Presenter: Regina Ford	24. 10:00-12:00 PM Men's Discussion Group	25.
3226.	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	30. 10:00-12:00 PM (private group) Current Events Discussion Group		

RSVP necessary for nutrition. & most classes please call (520) 393-6700 to verify