


JUNE 2019

Town and Country



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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2	3 10:00. Silver Sneakers	4 10:30. Zumba Stretch/Tone/Dance	5 10:00. Tai Chi Class at WellCare Office 8:00 - 4:00 Retinal Eye Exams	6 10:00. Silver Sneakers 8:00 - 4:00 Retinal Eye Exams	7 10:00. Yoga Class 8:00 - 4:00 Retinal Eye Exams	8	
9	10 10:00. Silver Sneakers	11 11:00. Legal Talk Atty. Alberto Rodriguez	12 9:30. Tai Chi Class	13 10:00. Silver Sneakers 11:00. New Patient Orientation	14 11:00. Arts & Crafts Wall Art	15	
16	17 10:00. Silver Sneakers	18 10:30. Zumba Stretch/Tone/Dance	19 9:30. Tai Chi Class 8:00 - 4:00 Retinal Eye Exams	20 10:00. Silver Sneakers 8:00 - 4:00 Retinal Eye Exams	21 11:00. Essential Oil Workshop 8:00 - 4:00 Retinal Eye Exams	22	
23	24 10:00. Silver Sneakers	25 10:00. Yoga Class 2:00 - 4:00 Retinal Eye Exams	26 9:30. Tai Chi Class 11:00. Healthy Talk Cardiologist	27 10:00. Silver Sneakers 8:00 - 4:00 Retinal Eye Exams	28 11:00. Luau Party Bring a Friend Have Fun!	29	
30		Notes 	<ul style="list-style-type: none"> * Daily Blood Pressure Screenings upon request. * Fitness/Exercise Room available daily for Humana Gold Plus Patients. * Coffee – Offered daily. * Transportation provided for Office Visits. 				