

FORSYTH SENIOR CITIZEN CENTER

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:00 EXERCISE 9:00 ARTHRITIS EXERCISE CLASS CARDS	2
3	4 8:00 EXERCISE 9:00 ARTHRITIS CLASS	5 8:00 CHAIR EXERCISE 1:00 COUNTY COUNCIL ON AGING MEETING	6 8:00 EXERCISE 9:00 YOGA CLASS INSIDE PICNIC!	7 8:00 CHAIR EXERCISE CASH BINGO	8 8:00 EXERCISE 9:00 ARTHRITIS EXERCISE CLASS MUSIC	9
10	11 8:00 EXERCISE 9:00 ARTHRITIS EXERCISE CLASS COLSTRIP TRIP	12 8:00 CHAIR EXERCISE MONTHLY BIRTHDAY PARTY!	13 8:00 EXERCISE 8:30 COFFEE & ROLLS 9:00 YOGA CLASS	14 8:00 CHAIR EXERCISE CASH BINGO	15 8:00 EXERCISE 9:00 ARTHRITIS EXERCISE CLASS CELEBRATE FATHER'S DAY! ICE CREAM SUNDAES!	16
17	18 8:00 EXERCISE CLASS 9:00 ARTHRITIS EXERCISE CLASS	19 8:00 CHAIR EXERCISE POT LUCK FOOT CLINIC 4 TH OF JULY CRAFT	20 8:00 EXERCISE 9:00 YOGA CLASS TRIP TO STEINBERGER BED AND BREAKFAST	21 8:00 CHAIR EXERCISE CASH BINGO	22 8:00 EXERCISE 9:00 ARTHRITIS EXERCISE CLASS CARDS	23
24	25 8:00 EXERCISE CLASS 9:00 ARTHRITIS EXERCISE CLASS COLSTRIP TRIP	26 8:00 CHAIR EXERCISE CARD SOCIAL	27 8:00 EXERCISE 9:00 YOGA CLASS	28 8:00 CHAIR EXERCISE CASH BINGO	29 8:00 CHAIR EXERCISE 9:00 ARTHRITIS EXERCISE 4 TH OF JULY CELEBRATION MUSIC!	30

NOTES: ALL ACTIVITIES ARE SUBJECT TO CHANGE