
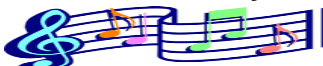




















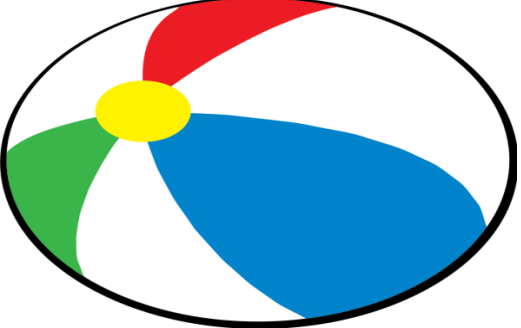


Month: June 2019		Site: Lancaster		
Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 10:30-11:30 Bible Study 9:00-10:00 Coffee/Conversation 10:00-10:30 Arthritis Exercise 10:30-11:30 Mike Oliver: Crime Prevention 11:30-12:15 Lunch  12:15-1:00 Bingo	<b>4</b> 9:00-10:00 Puzzles 10:00-10:30 Chair Exercise 10:30-11:30 Nutrition Education: <b>ROADBLOCK</b> to Healthy Eating 11:30-1:00 Lunch & Bingo	<b>5</b> 9:00-10:00 Checkers/Chess 10:00-10:30 Arthritis Exercise 10:30-11:30 Name that Tune-Lynn  BP Checks- Akiya  11:30-1:00 Lunch & Bingo	<b>6</b> 9:00-10:00 Coffee/Conversation 10:00-10:30 Chair Exercise 10:30-11:30 KARAOKE w/Vince & Mary  11:30-12:15 Lunch 12:15-1:00 Bingo	<b>7</b> 9:00-10:00 Checkers/Chess 10:00-11:30  11:30-1:00 Lunch & Bingo
<b>10</b> 10:30-11:30 Bible Study 9:00-10:00 Coffee/Conversation 10:00-10:30 Arthritis Exercise 10:30-11:30  11:30-1:00 Lunch & Bingo	<b>11</b> 9:00-10:00 Puzzles 10:00-10:30 Chair Exercise 10:30-11:30 Music w/ Billy Craig  11:30-1:00 Lunch & Bingo	<b>12</b> FARMERS MARKET VOUCHERS 9:00-10:00 Checkers/Chess 10:00-10:30 Arthritis Exercise 10:30-11:30 Larese - Ikey King Frozen Treats  11:30-12:15 Lunch 12:15-1:00 Bingo	<b>13</b> 9:00-10:00 Coffee/Conversation 10:00-10:30 Chair Exercise 10:30-11:30 CRAFTS with EMILY: "Paint Suncatchers" 11:30-12:15 Lunch  12:15-1:00 Bingo	<b>14</b> 9:00-10:00 Checkers/Chess 10:00-11:30 Jessica- DHEC It's Your Health..... Take Charge! 11:30-12:15 Lunch  12:15-1:00 Bingo
<b>17</b> 10:30-11:30 Bible Study 9:00-10:00 Coffee/Conversation 10:00-10:30 Arthritis Exercise 10:30-11:30 Celebration of: <b>dads</b> 11:30-1:00 Lunch & Bingo	<b>18</b> 9:00-10:00 Puzzles 10:00-10:30 Chair Exercise 10:30-11:30  11:30-1:00 Lunch & Bingo	<b>19</b> 9:00-10:00 Coffee/Conversation 10:00-10:30 Arthritis Exercise 10:30-11:30 A TRIP TO THE <b>Grand Canyon</b>  11:30-1:00 Lunch & Bingo	<b>20</b> 9:00-10:00 Coffee/Conversation 10:00-10:30 Chair Exercise 10:30-11:30  11:30-1:00 Lunch & Bingo	<b>21</b> 9:00-10:00 Coffee/Conversation 10:00-11:30 BEACH PARTY!!!  11:30-1:00 Lunch & Bingo
<b>24</b> 10:30-11:30 Bible Study 9:00-10:00 Coffee/Conversation 10:00-10:30 Arthritis Exercise 10:30-11:30 Benefits of drinking Water  11:30-1:00 Lunch & Bingo	<b>25</b> 9:00-10:00 Puzzles 10:00-10:30 Chair Exercise 10:30-11:30  11:30-1:00 Lunch & Bingo	<b>26</b> 9:00-10:00 Coffee/Conversation 10:00-10:30 Arthritis Exercise 10:30-11:30 Angela Forbes- "Nutrition News"  11:30-1:00 Lunch & Bingo	<b>27</b> 9:00-10:00 Coffee/Conversation 10:00-10:30 Chair Exercise 10:30-11:30 CRAFTS with EMILY: "Plastic canvas craft" 11:30-12:15 Lunch  12:15-1:00 Bingo	<b>28</b> 9:00-10:00 Coffee/Conversation 10:00-11:30 JUST IN TIME BAND  11:30-1:00 Lunch & Bingo
		 Prime Time for Seniors		<b>Ongoing Activities:</b> <b>Billiards</b> <b>Cards</b> <b>Dominoes</b> <b>Exercise Room</b>