



VALLEY WEST CENTER ACTIVITIES

JUNE 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Ice Cream Social This Month			1
2	3 8:00 Games/Cards 11:30 Crafts Afternoon Chit Chat	4 8:00 Games/Cards 9.30 Sing-Along With Gene V. 10:00 AAA-Caregiver Series	5 9:00 Walk N Roll 10:00 AAA-How to Properly Dispose Medications	6 8:00 Socialization 9:00 Crafts 11:00 Bingo	7 8:00 Socialization 9:00 Stretching Exercises 10:00 Coloring *Wise Choices Class @ GCC*	8
9	10 9:00 Maricopa CC- Solar Energy Info 10:30 Chair Tai Chi Afternoon Chit Chat	11 8:00 Socialization 10:30 Name that Tune With Gene V. 10:00 AAA-Caregiver Series	12 8:00 Socialization 9:00 Walk N Roll Exercise 10:30 Bingo	13 8:00 Socialization 10:00 Dispatch Health- Mobile Urgent Care	14 8:00 Socialization 9:00 Stretching Exercises 10:00 Coloring Contest Father's Day	15
16 	17 8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	18 8:00 Games/Cards 10:30 Sing-Along With Gene V. 11:00 Crafting Activity	19 8:00 Socialization 10:00 Expressive Painting with Michelle	20 8:00 Socialization 10:00 Bioactive- CBD For Pain Relief 11:00 Grocery Bingo	21 8:00 Socialization 9:00 Stretching Exercises 10:00 Coloring *Wise Choices Class @ GCC*	22
23	24 8:00 Games/Cards 10:30 Chair Tai Chi 11:30 Crafts Afternoon Chit Chat	25 8:00 Games/Cards 10:30 Sing-Along With Gene V. 11:00 Crafting Activity	26 8:00 Socialization 9:00 Walk N Roll Exercise 10:00 Midwestern- Hoarding VS Non-	27 8:00 Socialization 9:00 Crafts 11:00 Site Council Birthday Celebration	28 8:00 Socialization 9:00 Stretching Exercises 10:00 Blood Pressure Checks *Wise Choices Class @ GCC*	29 
30		Check us Out	On Facebook	www.facebook.com/ywcaseniorcenter		