








































June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				 Moving for Health 1 Ladies- 10 -11 a.m. MH  Recycling Day  Bus Run - 1:30-2:30 p.m. Please call 668-2222 Join us for an Afternoon  Topic: Moving Mindfully Where: Red Leaf Centre Time: 3:30 p.m. Please call to Register	2 10-11 a.m. Games Morning & Walk Rock Program 	3 9 th Annual “Women’s Walk for Empowerment Day” 9:30 am Manuel Hall  All Females are Welcome!
4	5  “Balance Your Wellness” V. V. Rec. Centre 10:30 a.m. – 3:15 p.m. Transportation available in town Please register before June 1 st by calling Sharon 673-2777	 Moving for Health 6 Ladies- 10 -11 a.m. MH Join us for an Afternoon  Topic: Making the Most of Your Food Dollar Where: Red Leaf Centre Time: 3:30 p.m. Please call to Register	7 	8  Moving for Health Ladies- 10 -11 a.m. MH  Bus Run- 1:30-2:30 p.m. Please call 668-2222	9 10-11 a.m. Games Morning & Walk Rock Program 	10
11	12 Gentle  for Older Adults V.V. Rec. Centre 1:30-2:30 p.m.	13  Moving for Health Ladies- 10 -11 a.m. MH  Coloring Afternoon @ Red Leaf Centre 2 – 4 p.m. Supplies will be provided!! Must Register!!	14  LGB Meeting 12 NOON- Red Leaf Centre Blood Clinic 4-8 p.m. Pentecostal Church 	15  Recycling Day  Moving for Health Ladies- 10 -11 a.m. MH  Bus Run -1:30-2:30 p.m. Please call 668-2222	16 10-11 a.m. Games Morning & Walk Rock Program 	17
18 	19 Gentle  for Older Adults V.V. Rec. Centre 1:30-2:30 p.m.	20  Moving for Health Ladies- 10 -11 a.m. MH  First Day of Summer!!	21 Lifestyle Clinic 1:30 - 3:30 p.m.  V.V. Rec. Centre Get your weigh, blood pressure & sugars check	22  Moving for Health Ladies- 10 -11 a.MH  Bus Run-1:30-2:30 p.m. Please call 668-2222	23 10-11 a.m. Games Morning & Walk Rock Program 	24
25	26  CENTRE 	 Moving for Health 27 Ladies- 10 -11 a.m. MH  LUFOA Meeting 1:15 p.m. Red Leaf Centre	28 	29  Moving for Health 29 Ladies- 10 -11 a.MH  Recycling Day  Bus Run-1:30-2:30 p.m. Please call 668-2222  Movie Night 6:30 p.m. @ Red Leaf Centre	30 10-11 a.m. Games Morning & Walk Rock Program 