

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:45 Exercise Group @ PHMH 1:00 Bowling	2 Better Breakfast Month
3 Honey Month	4 	5 10:00 Pathways to Wellness 5:00 Peace of Mind	6 10 - 11:30 Creative Circles @ Augustana Church	7 1:30 Leisure Club - Library	8 10:45 Exercise Group @ PHMH 1:00 Bowling	9 Classical Music Month 
10 Self Improvement Month	11 10:30 Walking @ Y 2:30 Health & Wellness - <i>Mind your manners</i>	12 10:00 Pathways to Wellness 5:00 Peace of Mind	13 Positive Thinking Day	14 1:30 Leisure Club - PHMH Rock Painting	15 Birthday Club: Meet 11:45 at River Cinema to watch a movie (bring \$ for snacks)	16 Collect Rocks Day
17 National Piano Month	18 10:30 Walking @ Y 2:30 Health & Wellness - <i>What is recovery?</i>	19 10:00 Pathways to Wellness 5:00 Peace of Mind	20 10 - 11:30 Creative Circles @ Augustana Church	21 1:30 Leisure Club - Hide Painted Rocks	22 10:45 Exercise Group @ PHMH 1:00 Bowling	23 Checkers Day
24  National Cherries Jubilee Day	25 10:30 Walking @ Y 2:30 Health & Wellness - <i>Empty Calories/Healthy Snacks</i> Movie Night	26 9:00 Client Advisory Mtg. 10:00 Pathways to Wellness 5:00 Peace of Mind	27 Crush a Can Day 	28 1:30 Leisure Club - Sertoma Park (weather permitting)	29 10:45 Exercise Group @ PHMH 1:00 Bowling	30 National Mud Pack Day