








Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>American Heart Month</p> 			1 1:30 Leisure Club - Sign Making Class	2 10:45 Exercise Group @ PHMH 1:00 Bowling	3 Feed the Birds Day 
4 Thank the Mailman Day	5 10:30 Walking @ Y 2:30 Health & Wellness - Kitchen Terminology the Basics	6 10:00 Pathways to Wellness 5:00 Peace of Mind	7 10 - 11:30 Creative Circles @ Augustana Church	8 1:30 Leisure Club - Morgan's Choice	9 10:45 Exercise Group @ PHMH 1:00 Bowling	10 Canned Food Month
11 White T-shirt Day	12 10:30 Walking @ Y 2:30 Health & Wellness - How to Measure Up in the Kitchen 5 Movie Night	13 10:00 Pathways to Wellness 5:00 Peace of Mind	14 	15 1:30 Leisure Club - Library	16 Birthday Club	17 
18 National Cherry Month 	19 CLOSED 	20 10:00 Pathways to Wellness 5:00 Peace of Mind	21 10 - 11:30 Creative Circles @ Augustana Church	22 1:30 Leisure Club - Adult Coloring	23 10:45 Exercise Group @ PHMH 1:00 Bowling	24 National Tortilla Chip Day 
25 National Grapefruit Month	26 10:30 Walking @ Y 2:30 Health & Wellness - Heart Health	27 9:00 Client Advisory Mtg. 10:00 Pathways to Wellness 5:00 Peace of Mind	28 Floral Design Day 