

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 National Picnic Month</p>  <p>Celebrate Picnic Month!</p>	<p>2 10:30 Walking @ Y</p> <p>2:30 Health & Wellness - <i>Social Wellness</i></p>	<p>3 10:00 Pathways to Wellness</p> <p>5:00 Peace of Mind</p>	<p>4 Office Closed</p>  <p>Happy Independence Day!</p>	<p>5 1:30 Leisure Club - <i>Rootbeer Floats & Garden Dotes @ Community Garden</i></p>	<p>6 <i>Rummage Sales & DQ with Renee 10 - 11:30</i></p> <p>Rummage Sales 11:30 lunch @ DQ on Columbia Rd</p> <p>1:00 Bowling</p>	<p>7 Nat'l Strawberry Sundae Day</p> 
<p>8 National Blueberry Day</p>	<p>9 10:30 Walking @ Y</p> <p>2:30 Health & Wellness - <i>Summer Weather Safety</i></p>	<p>10 10:00 Pathways to Wellness</p> <p>5:00 Peace of Mind</p>	<p>11 Cheer up the Lonely Day</p>	<p>12 1:30 Leisure Club - <i>Library with Morgan</i></p>	<p>13 Birthday Club Noon</p>	<p>14 Shark Awareness Day</p>
<p>15 Capture the Sunset Week</p> 	<p>16 10:30 Walking @ Y</p> <p>2:30 Health & Wellness - <i>To the Garden</i></p> <p>5 Movie Night</p>	<p>17 10:00 Pathways to Wellness</p> <p>5:00 Peace of Mind</p>	<p>18 10 - 11:30 Creative Circles @ Augustana Church</p>	<p>19 1:30 Leisure Club - NO GROUP</p> <p>RedHawks Game in Fargo leave PHMH @ 10:45</p>	<p>20 PHMH Office Closed</p> <p>NO Exercise Group</p> <p>1:00 Bowling</p>	<p>21 National Cell Phone Courtesy Month</p>
<p>22 National Hot Dog Month</p> 	<p>23 10:30 Walking @ Y</p> <p>1:30 Leisure Club - see 7/26</p> <p>2:30 Health & Wellness - <i>Meal Planning & Shopping on a Budget</i></p>	<p>24 10:00 Pathways to Wellness</p> <p>5:00 Peace of Mind</p>	<p>25 Threading the Needle Day</p> 	<p>26 1:30 Leisure Club - Rescheduled to 7/23 @ PHMH Paintball Art</p>	<p>27 10:45 Exercise Group @ PHMH</p> <p>1:00 Bowling</p>	<p>28 National Milk Chocolate Day</p> 
<p>29 National Lasagna Day</p>	<p>30 10:30 Walking @ Y</p> <p>2:30 Health & Wellness - <i>Mystery Topic</i> 😎</p>	<p>31 9:00 Client Advisory Mtg.</p> <p>10:00 Pathways to Wellness</p> <p>5:00 Peace of Mind</p>	 <p>Always be a work in progress</p> 			