



# JUNE 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p align="center"><b>1</b></p> <p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Shredded Pork Sandwich</p> <hr/> <p>12:15 pm: “HURRICANE PREPAREDNESS”</p>	<p align="center"><b>2</b></p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Beef Stew</p> <hr/> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p> <p>12:45 pm – Grocery Shopping</p>	<p align="center"><b>3</b></p> <p>9:00 --11:00 am: “CELEBRATION” WORKOUT (Class meets at the Senior Center)</p> <hr/> <p>11:30 am – LUNCH: Breaded Fish Wedge</p>
		<p align="center"><b>6</b></p> <p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: BBQ Brisket of Beef</p> <hr/> <p>12:15 pm – BINGO <i>1<sup>st</sup> game – cash prize</i></p>	<p align="center"><b>7</b></p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Chicken &amp; Rice Casserole</p> <hr/> <p>12:30 pm – TAI CHI (Class meets at the Community Center)</p>	<p align="center"><b>8</b></p> <p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Roast Pork</p> <hr/> <p>12:15 pm: “MY PLATE” Sponsored by Chen Neighborhood Medical Centers</p>
<p align="center"><b>13</b></p> <p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Roast Turkey</p> <hr/> <p>12:15 pm – BINGO</p>	<p align="center"><b>14</b></p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Beef Chili con Carne</p> <p>12:30 pm – TAI CHI</p> <hr/> <p>12:15 pm – MS/VA Senior Citizens’ Club Meeting <i>ELECT THIS YEAR’S KING &amp; QUEEN!</i></p>	<p align="center"><b>15</b></p> <p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Baked Ham</p> <hr/> <p>9:30 am–2:30 pm:  <b>FL DRIVER’S LICENSES &amp; ID CARDS ISSUED at the Senior Center</b></p>	<p align="center"><b>16</b></p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Chicken Cacciatore</p> <hr/> <p> 12:00 pm – BIRTHDAY &amp; ANNIVERSARY PARTY</p> <p>12:30 pm – TAI CHI 12:45 pm – Grocery Shopping</p>	<p align="center"><b>17</b></p> <p>9:00 --11:00 am: “CELEBRATION” WORKOUT (Class meets at the Senior Center)</p> <hr/> <p>11:30 am – LUNCH: Egg Salad &amp; Soup</p> <p><u>Raffle Items Awarded</u></p>
<p align="center"><b>20</b></p> <p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Picadillo</p> <hr/> <p>12:15 pm – BINGO</p>	<p align="center"><b>21</b></p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: BBQ Chicken</p> <p>12:30 pm – TAI CHI</p>	<p align="center"><b>22</b></p> <p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</p> <p>12:15 pm – <b>CRIME WATCH PROGRAM</b> MSPD Community Policing Office</p> <p>11:30 am – LUNCH: Spaghetti &amp; Meatballs</p>	<p align="center"><b>23</b></p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <hr/> <p>10:00 –11:30 am: Free <b>BLOOD PRESSURE SCREENING</b></p> <p>10:30 am – CHAIR EXERCISE 11:30 am – LUNCH: Shredded Pork</p> <p>12:30 pm – TAI CHI 12:45 pm – Grocery Shopping</p>	<p align="center"><b>24</b></p> <p>9:00 --11:00 am: “CELEBRATION” WORKOUT (Class meets at the Senior Center)</p> <hr/> <p>11:30 am – LUNCH: Tuna Salad &amp; Soup</p>
<p align="center"><b>27</b></p> <p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Stuffed Cabbage</p> <hr/> <p>12:15 pm – BINGO</p>	<p align="center"><b>28</b></p> <p>9:00 am – SR. FLOOR YOGA (Class meets at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meet at the Senior Center)</p> <p>11:30 am – LUNCH: Herbed Chicken</p> <hr/> <p>12:15 pm: “FALL PREVENTION” -sponsored by Palm Plaza Medical Centers</p> <p>12:30 pm – TAI CHI</p>	<p align="center"><b>29</b></p> <p>9:00 am – CHAIR YOGA 10:30 am – “LET’S DANCE” (Classes meet at the Senior Center)</p> <p>11:30 am – LUNCH: Shredded Pork Sandwich</p> <hr/> <p>12:15 pm: “COUNCIL REPORT” Councilwoman Rosie Buckner</p>	<p align="center"><b>30</b></p> <p>9:00 am – SR. FLOOR YOGA (Classes meet at the Curtiss Mansion)</p> <p>10:30 am – CHAIR EXERCISE (Class meets at the Senior Center)</p> <p>11:30 am – LUNCH: Stewed Beef</p> <hr/> <p>12:30 pm – TAI CHI 12:45 pm – Grocery Shopping</p>	<p>Call us for more information!</p>  <p><b>(305) 805-5160</b></p>