

# June 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<p>In-Class</p> <p>In-Class &amp; Zoom</p> <p>Off Site</p>			<p>1</p> <p>10am Sncewips Heritage Museum Tour</p>	<p>2</p> <p>10 am: Power and the Senses (GYM)</p>	<p>3</p>	<p>4</p>
<p>5</p> <p>10 am: How to Sit Less and Walk More (GYM)</p> <p>1 pm Practical Mysticism</p> <p>1 pm Home Swapping</p>	<p>6</p>	<p>7</p> <p>10 am – 12 pm Coffee Connection</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>
<p>12</p>	<p>13</p>	<p>14</p> <p>10 am – 12 pm Coffee Connection</p>	<p>15</p> <p>10 am: The Importance of Muscle Strength (GYM)</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20</p>	<p>21</p> <p>10 am – 12 pm Coffee Connection</p> <p>2:30 pm: Neuropsychological Outcome Following a Stroke (GYM)</p>	<p>22</p>	<p>23</p>	<p>24</p> <p>Picnic</p>	<p>25</p>
<p>26</p>	<p>27</p>	<p>28</p> <p>10 am – 12 pm Coffee Connection</p>	<p>29</p>	<p>30</p>		