

June 2021 CCC Activity Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 Walk 9:00 Bone Builders Van Shelter 10:30 Tai Chi Practice Van Shelter 1:00 Sewing Circle Wellness Center Loft 3:00 Creative Writing Dining Room	2 Walk Yoga 8:30-9:45 10:30 Better Balance Van Shelter 11:00 Eat Smart & Move More Dining Room 4:00 Great Courses Winston Churchill-Zoom	3 Walk 9:00 Bone Builders Van Shelter 9:30 Knitters Wellness Center 10:30 Tai Chi Fall Prevention Review Van Shelter 1:15 SUN 73 Tai Chi Van Shelter 5:30 Ukelele	4 Walk 10:30 Better Balance Van Shelter <i>Send your Walking Challenge distance to homested@shoreham.net</i>	5 Walk
6	7 Walk 9:30 Knitters Wellness Center 10:30 Better Balance Van Shelter	8 Walk 9:00 Bone Builders Van Shelter 10:30 Tai Chi Practice Van Shelter 1:00 Sewing Circle Wellness Center Loft 1:00-3:00 Matter of Balance Zoom 3:00 Creative Writing Dining Room	9 Walk Yoga 8:30-9:45 10:30 Better Balance Van Shelter 11:00 Eat Smart & Move More Dining Room 4:00 Great Courses Winston Churchill-Zoom	10 Walk 9:00 Bone Builders Van Shelter 9:30 Knitters Wellness Center 10:30 Tai Chi Fall Prevention Review Van Shelter 1:15 SUN 73 Tai Chi Van Shelter	11 Walk 10:30 Better Balance Van Shelter <i>Send your Walking Challenge distance to homested@shoreham.net</i>	12 Walk
13	14 Walk 9:00 Tai Chi for Falls Prevention -Beginners Van Shelter 9:30 Knitters Wellness Center 10:30 Better Balance Van Shelter 11:30-12:30 SASH Blood pressure Screening Van shelter	15 Walk 9:00 Board Meeting Dining Room 9:00 Bone Builders Van Shelter 10:30 Tai Chi Practice Van Shelter 1:00 Sewing Circle Wellness Center Loft 1:00-3:00 Matter of Balance Zoom 3:00 Creative Writing Dining Room	16 Walk Yoga 8:30-9:45 10:30 Better Balance Van Shelter 11:00 Eat Smart & Move More Dining Room 4:00 Great Courses Winston Churchill- Zoom	17 Walk 9:00 Bone Builders Van Shelter 9:30 Knitters Wellness Center 10:30 Tai Chi Fall Prevention Review Van Shelter 1:15 SUN 73 Tai Chi Van Shelter 1:00-3:00 RAVNAH FOOT CLINIC by appointment 5:30 Ukelele	18 Walk 10:30 Better Balance Van Shelter <i>Send your Walking Challenge distance to homested@shoreham.net</i>	19 Walk
20	21 Walk 9:00 Tai Chi for Falls Prevention -Beginners Van Shelter 9:30 Knitters Wellness Center 10:30 Better Balance Van Shelter	22 Walk 9:00 Bone Builders Van Shelter 10:30 Tai Chi Practice Van Shelter 1:00 Sewing Circle Wellness Center Loft 1:00-3:00 Matter of Balance Zoom 3:00 Creative Writing Dining Room	23 Walk Yoga 8:30-9:45 10:30 Better Balance Van Shelter 11:00 Eat Smart & Move More Dining Room 4:00 Great Courses Winston Churchill -Zoom	24 Walk 9:00 Bone Builders Van Shelter 9:30 Knitters Wellness Center 10:30 Tai Chi Fall Prevention Review Van Shelter 1:15 SUN 73 Tai Chi Van Shelter	25 Walk 10:30 Better Balance Dining Room 12:00 "Picnic on the Lawn" <i>Send your Walking Challenge distance to homested@shoreham.net</i>	26 Walk
27	28 Walk 9:00 Tai Chi for Falls Prevention -Beginners Van Shelter 9:30 Knitters Wellness Center 10:30 Better Balance Van Shelter	29 Walk 9:00 Bone Builders Van Shelter 10:30 Tai Chi Practice Van Shelter 1:00 Sewing Circle Wellness Center Loft 1:00-3:00 Matter of Balance Zoom 3:00 Creative Writing Dining Room	30 Yoga 8:30-9:45 10:30 Better Balance Van Shelter 11:00 Eat Smart & Move More Dining Room 4:00 Great Courses Winston Churchill- Zoom			

Refer to program descriptions in the Newsletter for details