

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Monday, June 19th, in celebration of Juneteenth, field trip to the Rokeby Museum. Limit: 12 people. Free.</b></p>	<p>Call us at (802) 863-3982 for more information, or to register for meals and special programs.</p>	<p><b>Navigating the Senior Maze, four sessions, 6:30-8 pm Thursdays, June 8, 15, 22, 29.</b></p>	<p>10:00 Free Groceries 1 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>2 10:30 Novice Tai Chi 11:30 Advanced Tai Chi</p>
<p>10:00 Novice Tai Chi 5 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12:00 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong</p>	<p>10:00 Bone Builders 6 10-Noon Chinese Massage \$\$ 1:00 Bingo</p>	<p>9-10:30 Annual Board Meeting 7 10:30 Meals pick-up 9:55 Yoga with Ilse 11:30 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing</p>	<p>10:00 Free Groceries 8 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>9 10:30 Novice Tai Chi 11:30 Advanced Tai Chi</p>
<p>10:00 Novice Tai Chi 12 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12:00 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong</p>	<p>10:00 Bone Builders 13 11:30 Birthday Lunch * Must pre-register * 12:30 Bingo</p>	<p>10:30 Meals pick-up 14 9:55 Yoga with Ilse 11:30 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing</p>	<p>10:00 Free Groceries 15 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>16 10:30 Novice Tai Chi 11:30 Advanced Tai Chi</p>
<p>10:00 Novice Tai Chi 19 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12:00 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong</p>	<p>10-Noon Hearing Screening - by appt. 20 10:00 Bone Builders 11:30-12:30 Age Well Restaurant Tickets 12:30 Bingo</p>	<p>10:30 Meals pick-up 21 10:00 Genealogy Wkshp 9:55 Yoga with Ilse 11:30 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing</p>	<p>10:00 Free Groceries 22 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>23 10:30 Novice Tai Chi 11:30 Advanced Tai Chi</p>
<p>10:00 Novice Tai Chi 26 10:00 Flower Arranging 11:00 Yoga with Jill \$\$ 12:00 Hot Lunch \$\$ 12:30 Adult Coloring 12:30 Mahjong</p>	<p>27 10:00 Bone Builders 12:30 Bingo</p>	<p>10:30 Meals pick-up 28 10:00 Coffee w/ Councilor Carpenter 9:55 Yoga with Ilse 11:30 Adv. Tai Chi 12:30 Bingo 1:00 Line Dancing</p>	<p>10:00 Free Groceries 29 10:15 Yoga with Jill \$\$ 10:30 Coffee/Conv. 11:00 Cribbage 1:00 Bridge 1:00 Bone Builders</p>	<p>30 10:30 Novice Tai Chi 11:30 Advanced Tai Chi</p>