



Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 9am: Arthritis Exercise Zoom Class (Virtual)	4 9am - 3pm: Resource Center Walk-ins	5 9am: Arthritis Exercise Zoom Class (Virtual)	6
9	10 9am: Arthritis Exercise Zoom Class (Virtual) 10am - 3pm: Family Caregiver Walk-ins (by appointment)	11 9am - 3pm: Resource Center Walk-ins	12 9am: Arthritis Exercise Zoom Class (Virtual)	13 9am: Medicare 101 Class 11am - 2:30pm: Medicare Counseling (by appointment)
16	17 9am: Arthritis Exercise Zoom Class (Virtual)	18 9am - 3pm: Resource Center Walk-ins	19 9am: Arthritis Exercise Zoom Class (Virtual)	20
23	24 9am: Arthritis Exercise Zoom Class (Virtual) 10am - 3pm: Family Caregiver Walk-ins (by appointment)	25 9am - 3pm: Resource Center Walk-ins	26 9am: Arthritis Exercise Zoom Class (Virtual)	
30	31 9am: Arthritis Exercise Zoom Class (Virtual)	1 9am - 3pm: Resource Center Walk-ins	2 9am: Arthritis Exercise Zoom Class (Virtual)	3
	Arthritis Exercise ZOOM Class: \$15 per month Join from the comfort of your home!		Activity Drop in Fee: \$3	Presentations: Free unless otherwise noted. Donations are gladly accepted to support future programs.

Do you have questions about available resources and would prefer a friendly face-to-face conversation?

Walk-in hours are the 2nd and 4th Tuesdays 10 - 3 for Family Caregiver, and Wednesday 9 - 3 for the Resource Center.

