



June 2017 – STARS ACTIVITIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Alzheimer's & Brain Awareness Month Men's Health Month	National Safety Month PTSD Month	Migraine & Headache Awareness Month Summer Slim Down/Step Challenge	1 Weight Watchers Dunham-5:15	2	3 Learn to Row Day-9am-Chaut. Lake Rowing Assoc.
4 National Cancer Survivor's Day	5 Bonsai-Dunham-5PM 	6	7	8 Weight Watchers Dunham-5:15 Zumba-Allen Park-6:30	9	10
11	12 Men's Health Week	13 Yoga-Lakeshore-Noon Report Weight Loss/Steps to HC	14 Flag Day	15 Yoga-Lakeshore-Noon Benefits of Quitting L&L-Lakeshore Weight Watchers Dunham-5:15 Zumba-Allen-6:30	16	17
18 	19	20 Yoga-Lakeshore-Noon	21 1 st Day of Summer	22 Yoga-Lakeshore-Noon Weight Watchers Dunham-5:15 Zumba-Allen-6:30	23	24
25	26	27 Yoga-Lakeshore-Noon Report Weight Loss/Steps to HC	28 Wellness Team Mtg. 3:00-Dunham	29 Yoga-Lakeshore-Noon Weight Watchers Dunham-5:15 Zumba-Allen-6:30	30 Healthy Snacking L&L Dunham Kitchen	