SENIOR .....

...MOMENTS

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Bear River Valley Senior Center

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Happenings : BILLIARDS & QUILTING EVERY DAY Exercises daily 10:30am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Arth. Exercise 9:30 Exercise 10:30 Bear River Valley Care Center sponsors lunch call and reserve your chair. Weight Watchers 5:00	4 Exercise 10:30 Foot clinic with Cathy. Call for appointment Tatting 12:00 Reflections 4:00	5 Wii bowling Arth. Exercise 9:30 Exercise 10:30 Encompass lunch and Learn BINGO 12:30 Good Sammers 6-8	6 Exercise 10:30 Care for the Care Giver 10:30 CNS Blood Pressure Reflections 4:00	7 Exercise 9:30 Odell Summers
10 Arth. Exercise 9:30 Exercise 10:30 Weight Watchers 5:00	11 Exercise 10:30 Mystery Tour 1:00 Tatting 12:00 Reflections 4:00	12 Wii bowling Arth. Exercise 9:30 Exercise 10:30 Pass the Buck with Integrity 12:30	13 Exercise 10:30 Happy Harvesters Quilt Guild 9:30 Reflections 4:00	14 Exercise 9:30 Becky Kimball
17 Arth. Exercise 9:30 Exercise 10:30 Weight Watchers 5:00	18 Exercise 10:30 IHC Blood Pressure Kevin Kula 11:30 Tatting 12:00	19 Wii bowling Arth. Exercise 9:30 Exercise 10:30 Integrity Foot Clinic Call for app. Card making DoTerra 6:30	20 Exercise 10:30 Care for the Care Giver 10:30 CNS Blood Pressure Rudd Funeral Home sponsors Lunch Reflections 4:00	21 Exercise 9:30 Westernaires Birthday Cake Day
24 Arth. Exercise 9:30 Exercise 10:30 Weight Watchers 5:00	25 Exercise 10:30 Chuck -O-Rama Tatting 12:00	26 Wii bowling Arth. Exercise 9:30 Exercise 10:30	27 Exercise 10:30	28 Exercise 9:30 Best Friends

If a family were a fruit, it would be an orange, a circle of sections, held together but separable – each segment distinct ~ Letty Cottin Pogrebin

Whenever you are to do a thing, though it can never be known but to yourself, ask yourself how you would act were all the world looking at you, and act accordingly. ~ Thomas Jefferson

WE WILL BE CLOSED ON THE 4TH AND 5TH OF JULY