

# July 2010

sunday	monday	tuesday	wednesday	thursday	friday	saturday
				1 Yoga Class @ The Wellness Center 2:00- 2:30pm Cost is \$2.00 per class Call Krista w/ questions.	2	3
4 	5	6	7 Wednesday Walking Club @ the UMAC 9am	8 Lunch @ Siegi's Sausage Factory and Restaurant- 8104 S.Sheridan <b>11:30 am</b> RSVP to Krista @ 294-4009	9	10
11	12	13 Healthy Living Class- " <b>Healthy Veins</b> " by Dr. Carabello Education Ctr 6:30-7:30 pm RSVP 294-3627	14 Wednesday Walking Club @ the UMAC 9am	15 Yoga Class @ The Wellness Center 2:00- 2:30pm Cost is \$2.00 per class Call Krista w/ questions.	16	17 <b>DON'T TAKE GOOD HEALTH FOR GRANTED.....</b>
18	19	20 Lunch @ Hammett House in Claremore @ <b>11:30 am ***</b> RSVP to Krista @ 294-4009 PLEASE!!!	21 Wednesday Walking Club @ the UMAC 9am	22 Yoga Class @ The Wellness Center 2:00- 2:30pm Cost is \$2.00 per class Call Krista w/ questions.	23	24
25	26	27 <b>GAME DAY in EDUCATION CENTER 1- 3:30 pm</b> Bring your friends, cards, dominoes, etc and I'll furnish the cake!	28 Wednesday Walking Club @ the UMAC 9am	29 Coffee & Conversation in Classroom 3&4 10-11am. "Young at Heart- Nutrition Tips to Healthy Aging" by Stephanie Cannon (Dietician)	30	31

UMAC – Union Multi Purpose Activity Center – located next door to Union High School @ 71st and Mingo.  
Please call Krista @ 294-4009 with any questions. We hope to see you at all our activities!

\*\*\* 1616 W. Will Rogers Blvd. 341-7333. We can carpool if anyone is interested!

Yoga is offered every Thursday from 2:00-2:30pm in the Wellness Center of the UMAC. Cost is \$2.00 per session.