




JUNE 2023



SUN	MON	TUE	WED	THU	FRI	SAT
				1 RENT DUE YOGA 11:15 BEG PBALL 1-2 PBALL 2-3 THIRSTY THURSDAY 4-5:30	2 HIGHLAND HIKERS 10 CARDIO DRUMMING 2 POTLUCK 5:30 Bingo	3 COFFEE TALK 9AM
4 LINE DANCING 6PM	5 RENT LATE HIGHLAND HIKERS 10 CHAIR YOGA 11:15	6 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	7 HIGHLAND HIKERS 10 CHAIR YOGA 11:15 DOMINOS 1-3	8 YOGA 11:15 BEG PBALL 1-2 PBALL 2-3 THIRSTY THURSDAY 4-5:30	9 HIGHLAND HIKERS 10 BOOK CLUB 11:00 CARDIO DRUMMING 2 CANASTA 1-4	10 COFFEE TALK 9AM
11 LINE DANCING 6PM	12 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	13 MEN'S BREAKFAST AROUND THE CORNER RESTAURANT 9AM BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	14 HIGHLAND HIKERS 10 CHAIR YOGA 11:15 DOMINOS 1-3  FLAG DAY	15 YOGA 11:15 BEG PBALL 1-2 PBALL 2-3  CHEESEBURGERS IN PARADISE 5-7	16 HIGHLAND HIKERS 10	17 COFFEE TALK 9AM
18 LINE DANCING 6PM Happy Father's Day	19 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	20 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	21 HIGHLAND HIKERS 10 CHAIR YOGA 11:15 DOMINOS 1-3  WELLNESS WORKSHOP 10 STEPS TO ACTIVE LONGEVITY Kendra Martin 3:00 FIRST DAY OF SUMMER	22 YOGA 11:15 BEG PBALL 1-2 PBALL 2-3 THIRSTY THURSDAY 4-5:30	23 HIGHLAND HIKERS 10 CANASTA 1-4	24 COFFEE TALK 9AM
25 LINE DANCING 6PM	26 HIGHLAND HIKERS 10 CHAIR YOGA 11:15	27 BIBLE STUDY 10AM YOGA 11:15 PBALL 2-3	28 HIGHLAND HIKERS 10 CHAIR YOGA 11:15 DOMINOS 1-3	29 YOGA 11:15 BEG PBALL 1-2 PBALL 2-3 THIRSTY THURSDAY 4-5:30	30 HIGHLAND HIKERS 10	

**All events take place in the H55 Clubhouse or Fitness Center.