

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:45 CATA Trip 10:00 Art Program 10:00 Enhanced Fitness 11:30 Lunch 1:00 NIA Exercise / at MAGMA 1:00 Jazz Band / Dancing	2 9:00 Aqua-Fit at the YMCA 9:00 Tai Chi Easy 9:30 COA Meeting 10:00 Art Program 10:00 Knit & Crochet Group 10:00 Gentle Mat YOGA	3 9:30 VNA Health Clinic 10:00 Enhanced Fitness 11:30 Lunch 12:30 Bingo 1:00 Breathe/Posture	4 10:00 Art Program 10:00 Chair Yoga Plus 10:00 Memoir Group Meets 11:30 Lunch 12:30 Legal Questions, Info 1:00 Contract Bridge 1:30 Chess Club 2:00 Parkinson's Exercise	9:00 Enhanced Fitness 10:15 Zumba Dance Exercise 11:00 Tai Chi Easy 11:30 Lunch 12:15 Aqua-Adventure 12:30 Bingo
8 9:45 CATA Trip 10:00 Art Program 10:00 Enhanced Fitness 11:30 Lunch 1:00 NIA Exercise / at MAGMA 1:00 Jazz Band / Dancing	9 9:00 Aqua-Fit at the YMCA 9:00 Tai Chi Easy 10:00 Art Program	10 8:00 Friends of the COA 9:30 State Sen. Bruce Tarr Service Visit 9:30 VNA Health Clinic 10:00 Rose Baker Book Club	11 10:00 Art Program 10:00 Chair Yoga Plus 11:30 Lunch 1:00 Contract Bridge 1:30 Chess Club 2:00 Parkinson's Exercise 11:30-12:30 Soup & Salad Bar	9:00 Enhanced Fitness 10:15 Zumba Dance Exercise 11:00 Tai Chi Easy 11:30 Lunch 12:15 Aqua-Adventure 12:30 Bingo
9:45 CATA Trip 10:00 Art Program 10:00 Enhanced Fitness 11:30 Lunch 1:00 NIA Exercise / at MAGMA 1:00 Jazz Band / Dancing	YMCA 9:00 Tai Chi Easy 10:00 Art Program 10:00 Hearing Aid Cleaning 10:00 Knit & Crochet Group 10:00 Gentle Mat	17 9:30 VNA Health Clinic 10:00 Enhanced Fitness 11:30 Lunch 12:30 Bingo 1:00 Breathe/Posture	18 10:00 Art Program 10:00 Triad Meeting 10:00 New Vision Program 10:00 Chair Yoga Plus 10:00 Financial Consultation 11:30 Lunch 12:30 Thursday Movie 1:00 Contract Bridge	9:00 Enhanced Fitness 10:15 Zumba Dance Exercise 11:00 Tai Chi Easy 11:30 Lunch 12:15 Aqua-Adventure 12:30 Bingo
22 9:45 CATA Trip 10:00 Art Program 10:00 Enhanced Fitness 11:30 Lunch 1:00 NIA Exercise / at MAGMA	23 9:00 Aqua-Fit at the YMCA 9:00 Tai Chi Easy 10:00 Art Program 10:00 Knit & Crochet Group 10:00 Gentle Mat	24 9:30 VNA Health Clinic 10:00 Enhanced Fitness 11:30 Lunch 12:15 Birthday and Anniversary	25 10:00 Art Program 10:00 Chair Yoga Plus 11:30 Lunch 12:30 Thursday Movie 1:00 Contract Bridge 1:30 Chess Club 2:00 Parkinson's Exercise	9:00 Enhanced Fitness 10:15 Zumba Dance Exercise 11:00 Tai Chi Easy 11:30 Lunch 12:15 Aqua-Adventure 12:30 Bingo
29 9:45 CATA Trip 10:00 Art Program 10:00 Enhanced Fitness 11:30 Lunch 1:00 NIA Exercise / at MAGMA	30 9:00 Aqua-Fit at the YMCA 9:00 Tai Chi Easy 10:00 Art Program 10:00 Gentle Mat YOGA 10:00 Knit & Crochet	<h1>JUNE 2020</h1> <p>Saturday, June 20—First Day of Summer</p> <p>Sunday, June 21—Happy Father's Day</p>		

Serving and Portion Size

Are you eating healthy and exercising but still not losing weight? Check your portion sizes. A recommended serving size is the amount of each food that you are supposed to eat during a meal or snack. A portion is the amount of food that you actually eat. If you eat more or less than the recommended serving size, you may get either too much or too little of the nutrients you need. Information on food labels is based on the serving size and many packages contain more than 1 serving. Learn more about portion size and how to read food labels.