

May 2018 Healthy Lifestyle Change/Networking Life Skills Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Healthy Lifestyle Change 2:00pm – 4:00pm Fitness w/ Brian 2:15pm -3:00pm	2 Healthy Coking & Eating Class 3:30pm – 5:00pm	3 Healthy Lifestyle Change 2:00pm – 4:0pm Fitness w/ Brian 2:15pm – 3:00pm	4	5
6	7	8 Healthy Lifestyle Change 2:00pm – 4:00pm Yoga w/ Connie 2:15pm- 3:00pm	9 Healthy Cooking & Eating Class 3:30pm – 5:00pm	10 Healthy Lifestyle Change 2:00pm – 4:00pm Yoga w/ Connie 2:15pm – 3:00pm Networking Life Skills 4:30pm – 6:30pm Emergency Preparedness	11 SPRING FLING Culver City Senior Center 4095 Overland Avenue Culver City 7:00pm – 9:00pm Donations Gratefully Accepted	12 Join Healthy Lifestyle Change for Special Olympic Westside Games at Memorial Park 1401 Olympic Blvd Santa Monica, CA 9:00am – 1:00pm
13  <i>Mother's Day!</i>	14	15 Healthy Lifestyle Change 2:00pm – 4:00pm Fitness/ Brian 2:15pm – 3:00pm	16 Healthy Cooking & Eating Class 3:30pm -5:00pm Networking Life Skills 4:30m – 6:30pm Get Safe Community Safety Wear  for Peace Day	17 Healthy Lifestyle Change 2:00pm – 4:00pm Fitness w Brian 2:15pm – 3:00pm	18	19
20	21	22 Healthy Lifestyle Change 2:00pm – 4:00pm Yoga w/ Connie 2:15pm – 3:00pm	23 Healthy Cooking & Eating 3:30pm – 5:00pm	24 Healthy Lifestyle Change 2:00pm – 4:00pm Yoga w/ Connie 2:15pm – 3:00pm Raffle	25	26
27	28 Memorial Day 	29 Healthy Lifestyle Change 2:00pm – 4:00pm Fitness w/ Brian 2:15pm – 3:00pm	30 Healthy Cooking & Eating Class 3:30pm – 5:00pm	31 Healthy Lifestyle Change 2:00pm – 4:00pm Fitness w/ Brian 2:15pm- 3:00pm Fitness In the Park Fox Hills Park (Buckingham/Green Valley)		

