

**June 2022 COA Programs  
at the Stockbridge Senior Center and Heaton Court**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Meals on Wheels at Heaton Court 11:30 AM  Yoga with Crystal 4-5 pm	3	4
5	6 Chair Yoga w/ Antoinette at Heaton Court 10 am  Yoga with Crystal 4-5 pm	7 Blood Pressure Clinic at Heaton Court 10:30 am  BINGO 12:45 – 3 pm	8 Brown Bag 11:30 Heaton Court	9 Meals on Wheels at Heaton Court 11:30 AM  Yoga with Crystal 4-5 pm	10	11
12	13 Chair Yoga w/ Antoinette at Heaton Court 10 am  Yoga with Crystal 4-5 pm	14 BINGO 12:45 – 3 pm	15	16 Meals on Wheels and Book Cart at Heaton Court 11:30 AM  Yoga with Crystal 4-5 pm	17	18
19	20 Chair Yoga w/Antoinette at Heaton Court 10 am  Yoga with Crystal 4-5 pm	21 BINGO Returns in September	22	23 Meals on Wheels and Book Cart at Heaton Court 11:30 AM Jack Gremlí – Summer Sing-a- long and Ice Cream Social - 1:00 pm at Heaton Court Yoga with Crystal 4-5 pm	24	25
26	27 Chair Yoga w/Antoinette at Heaton Court 10 am  Yoga with Crystal 4-5 pm	28	29	30 Meals on Wheels and Book Cart at Heaton Court 11:30 AM  Yoga with Crystal 4-5 pm		