

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>11:45 am-12:30 pm Community Meal:</p> <ul style="list-style-type: none"> Camano Center The Center in Oak Harbor <p>1-2 pm S.A.I.L Fitness Class Soundview Center - Langley</p>	<p>2</p> <p>9:30-10:30 am S.A.I.L Fitness Class ISR Bayview Center - Langley</p> <p>10-11:30 am Parkinson's Support Group: Virtual For those living with Parkinson's and their family caregivers</p> <p>11 am-Noon Langley Walking Group Meet at Trustland Trails, off Craw Rd. and SR 525</p> <p>2-3 pm S.A.I.L Fitness Class ISR Bayview Center - Langley</p>	<p>3</p> <p>10-11:30 am Caregiver Support Group: In-Person For Alzheimer's and Dementia Caregivers</p> <p>St. Augustine's In The Woods Episcopal Church</p> <p>11:45 am-12:30 pm Community Meal:</p> <ul style="list-style-type: none"> Camano Center Coupeville United Methodist Church <p>12:30-1:30 pm Lunch n' Learn Coupeville United Methodist Church</p> <p>1-3 pm Games ISR Bayview Center - Langley</p>	<p>4</p> <p>10-11 a.m. S.A.I.L Fitness Class St. Stephens Episcopal Church - Oak Harbor</p> <p>11:30 am-12:30 pm S.A.I.L Fitness Class St. Augustine's in the Woods - Freeland</p>	<p>5</p> <p>10-11 am Once Upon a Time Writing Cafe ISR Bayview Center</p> <p>10-11 am Caregiver Support Group: Virtual Alzheimer's and Dementia Caregivers</p> <p>11:45 am-12:30 pm Community Meal:</p> <ul style="list-style-type: none"> Camano Center The Center in Oak Harbor <p>1-3 pm Learn to Reduce Medicare Costs Presented by: SHIBA The Center in Oak Harbor</p>	6
7	<p>8</p> <p>11:45 am-12:30 pm Community Meal:</p> <ul style="list-style-type: none"> Camano Center The Center in Oak Harbor <p>1-2 pm S.A.I.L Fitness Class Soundview Center - Langley</p>	<p>9</p> <p>9:30-10:30 am S.A.I.L Fitness Class ISR Bayview Center - Langley</p> <p>10-11:30 am Parkinson's Support Group: Virtual For those living with Parkinson's and their family caregivers</p> <p>11 am-Noon Langley Walking Group Meet at Trustland Trails, off Craw Rd. and SR 525</p> <p>2-3 pm S.A.I.L Fitness Class ISR Bayview Center - Langley</p>	<p>10</p> <p>10-11:30 am Caregiver Support Group: In-Person For Alzheimer's and Dementia Caregivers</p> <p>St. Augustine's In The Woods Episcopal Church</p> <p>11:45 am-12:30 pm Community Meal:</p> <ul style="list-style-type: none"> Camano Center Coupeville United Methodist Church ISR - Bayview Center <p>12:30-1:30 pm Lunch n' Learn Coupeville United Methodist Church</p> <p>1-3 pm Games ISR Bayview Center - Langley</p> <p>6-7 pm Welcome to Medicare: SHIBA Presentation Oak Harbor Library</p>	<p>11</p> <p>10-11 a.m. S.A.I.L Fitness Class St. Stephens Episcopal Church - Oak Harbor</p> <p>11:30 am-12:30 pm S.A.I.L Fitness Class St. Augustine's in the Woods - Freeland</p> <p>1-2:30 pm Embracing Aging: Declutter Now - Less Stress Later St. Augustine's in the Woods - Freeland</p> <p>5-5:45 pm Community Meal:</p> <ul style="list-style-type: none"> Brookhaven, Langley 	<p>12</p> <p>10-11 am Once Upon a Time Writing Cafe ISR Bayview Center</p> <p>10-11 am Caregiver Support Group: Virtual Alzheimer's and Dementia Caregivers</p> <p>11:45 am-12:30 pm Community Meal:</p> <ul style="list-style-type: none"> Camano Center ISR - Bayview Center The Center in Oak Harbor 	13
14	<p>15</p> <p>11:45 am-12:30 pm Community Meal:</p> <ul style="list-style-type: none"> Camano Center ISR - Bayview Center The Center in Oak Harbor <p>1-2 pm S.A.I.L Fitness Class Soundview Center - Langley</p>	<p>16</p> <p>9:30-10:30 am S.A.I.L Fitness Class ISR Bayview Center - Langley</p> <p>10-11:30 am Parkinson's Support Group: Virtual For those living with Parkinson's and their family caregivers</p> <p>11 am-Noon Langley Walking Group Meet at Trustland Trails, off Craw Rd. and SR 525</p> <p>2-3 pm S.A.I.L Fitness Class ISR Bayview Center - Langley</p>	<p>17</p> <p>10-11:30 am Caregiver Support Group: In-Person For Alzheimer's and Dementia Caregivers</p> <p>St. Augustine's In The Woods Episcopal Church</p> <p>11:45 am-12:30 pm Community Meal:</p> <ul style="list-style-type: none"> Camano Center Coupeville United Methodist Church ISR - Bayview Center <p>12:30-1:30 pm Lunch n' Learn Coupeville United Methodist Church</p> <p>1-3 pm Games ISR Bayview Center - Langley</p>	<p>18</p> <p>10-11 a.m. S.A.I.L Fitness Class St. Stephens Episcopal Church - Oak Harbor</p> <p>11:30 am-12:30 pm S.A.I.L Fitness Class St. Augustine's in the Woods - Freeland</p> <p>5-5:45 pm Community Meal:</p> <ul style="list-style-type: none"> Brookhaven, Langley 	<p>19</p> <p>Closed for Juneteenth</p>	20
21	<p>22</p> <p>11:45 am-12:30 pm Community Meal:</p> <ul style="list-style-type: none"> Camano Center ISR - Bayview Center The Center in Oak Harbor <p>1-2 pm S.A.I.L Fitness Class Soundview Center - Langley</p>	<p>23</p> <p>9:30-10:30 am S.A.I.L Fitness Class ISR Bayview Center - Langley</p> <p>10-11:30 am Parkinson's Support Group: Virtual For those living with Parkinson's and their family caregivers</p> <p>11 am-Noon Langley Walking Group Meet at Trustland Trails, off Craw Rd. and SR 525</p> <p>2-3 pm S.A.I.L Fitness Class ISR Bayview Center - Langley</p>	<p>24</p> <p>10-11:30 am Caregiver Support Group: In-Person For Alzheimer's and Dementia Caregivers</p> <p>St. Augustine's In The Woods Episcopal Church</p> <p>11:45 am-12:30 pm Community Meal:</p> <ul style="list-style-type: none"> Camano Center Coupeville United Methodist Church ISR - Bayview Center w/ Music by Paul Kiernan <p>12:30-1:30 pm Lunch n' Learn Coupeville United Methodist Church</p> <p>1-3 pm Games ISR Bayview Center - Langley</p>	<p>25</p> <p>10-11 a.m. S.A.I.L Fitness Class St. Stephens Episcopal Church - Oak Harbor</p> <p>10 am-Noon Brain Health & Dementia Awareness in Our Communities: Presented by: Whidbey Island Momentia ISR Bayview Center</p> <p>11:30 am-12:30 pm S.A.I.L Fitness Class St. Augustine's in the Woods - Freeland</p> <p>5-5:45 pm Community Meal:</p> <ul style="list-style-type: none"> Brookhaven, Langley 	<p>26</p> <p>10-11 am Once Upon a Time Writing Cafe ISR Bayview Center</p> <p>10-11 am Caregiver Support Group: Virtual Alzheimer's and Dementia Caregivers</p> <p>11:45 am-12:30 pm Community Meal:</p> <ul style="list-style-type: none"> Camano Center ISR - Bayview Center The Center in Oak Harbor 	27
28	<p>29</p> <p>11:45 am-12:30 pm Community Meal:</p> <ul style="list-style-type: none"> Camano Center ISR - Bayview Center The Center in Oak Harbor <p>1-2 pm S.A.I.L Fitness Class Soundview Center - Langley</p>	<p>30</p> <p>9:30-10:30 am S.A.I.L Fitness Class ISR Bayview Center - Langley</p> <p>10-11:30 am Parkinson's Support Group: Virtual For those living with Parkinson's and their family caregivers</p> <p>11 am-Noon Langley Walking Group Meet at Trustland Trails, off Craw Rd. and SR 525</p> <p>2-3 pm S.A.I.L Fitness Class ISR Bayview Center - Langley</p>	<p>SPECIAL NOTE REGARDING ISR BAYVIEW CENTER COMMUNITY MEALS</p> <p>Kitchen renovation at ISR Bayview Center will be finishing up by June 12. Community Meals at ISR: Bayview Center and Brookhaven will reopen the week of June 15.</p> <p>Meals will continue to be served at Camano Island, Coupeville, and Oak Harbor locations. Meals on Wheels will resume delivering hot meals once renovations are complete.</p> <p>Questions? Contact us: Email: reception@senior-resources.org Phone: 360-321-1600</p>			

