



## ETRO THOF EAST ORLANDO ed Primary Care for Seniors PROUDLY SERVING ORLANDO FOR OVER 20 YEARS JUNE FREE EVENTS

## 10025 East Colonial Drive Orlando, FL 32817

| MONDAY  | TUESDAY  | WEDNESDAY    | THURSDAY  | FRIDAY  |
|---|--|--------------|---|---|
|   | W TO RSVP<br>03-4622   | SCAN THIS CO | ATIENT YET?  DE NOW TO JOIN  ERS CLUB FREE!                           |   |
| 3   | FIT2DANCE TAI CHI AT 10AM ENGLISH CLASS WITH GRACE AT 12:00PM      | 5            | 6 FIT2DANCE<br>STRENGTH<br>TRAINING<br>AT 9:30AM                      | <sup>7</sup> FIT2DANCE<br>YOGA<br>AT 10:00 AM |
| 10  | 11 TAI CHI AT 10AM Sip & Paint at 11:30am ENGLISH CLASS AT 12:00PM | 12           | STRENGTH TRAINING AT 9:30AM  Roldsn Club BINGO!  AT 11AM              | YOGA<br>AT 10:00 AM                           |
| 17  | TAI CHI AT 10AM<br>ENGLISH CLASS<br>AT 12:00PM                     | 19           | STRENGTH<br>TRAINING<br>AT 9:30AM                                     | YOGA<br>AT 10:00 AM                           |
| 24 Goldsn Club ACTIVITY SENIORS DAY AT 10:30 AM | TAI CHI AT 10AM  Summer Wreaths at 11:30  ENGLISH CLASS AT 12:00PM | 26           | STRENGTH TRAINING<br>AT 9:30AM<br>HURRICANE PREP<br>EDUCATION AT 11AM | YOGA<br>AT 10:00 AM                           |