

Free Enrichment Programs

All programs are held at the Hospitality House at McLaren, 3170 Beecher Road, Flint, MI 48532. RSVPs are appreciated.
To register or for more information, call (810) 820-9800.

~ July 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Canada Day  1pm Zumba Gold 2pm Bible Study	2 10am Tai Chi	3	 Happy 4 th !
5 	6 12pm Zumba Gold	7 1 - 2pm Yoga 5:30pm Meditation	8 1pm Zumba Gold 2pm Bible Study 	9 10am Tai Chi	10	11 10am Tai Chi
12 	13 12pm Zumba Gold	14 1-2pm Yoga 5:30pm Meditation	15 1pm Zumba Gold 2pm Bible Study	16 10am Tai Chi 11am-12pm Nutrition <i>"Summer Smoothies and Snacks"</i>	17	18 10am Tai Chi
19	20 12pm Zumba Gold	21 11:30am-12:30pm Nutrition/Education 1-2pm Yoga 5:30pm Meditation	22 1pm Zumba Gold 2pm Bible Study	23 10am Tai Chi	24	25 10am Tai Chi
26 	27 12pm Zumba Gold	28 1-2pm Yoga 5:30pm Meditation	29 1pm Zumba Gold 2pm Bible Study	30 10am Tai Chi 	31	

"I long, as does every human being, to be home wherever I find myself" –Maya Angelo