



309-833-2613

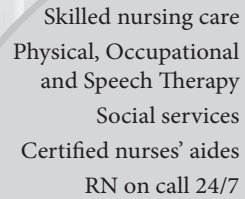


Up to 24 Hour Care • 7 Days a Week

MA-SPAD0119114851

mdh Home Health

the care you need,
the comfort of home



(309) 836-1544
www.MDH.org

Ask about our Certificate of Deposit options!



A Division of Morton Community Bank
Member FDIC

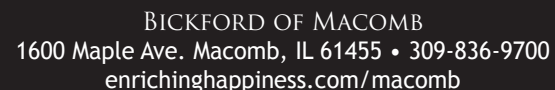
127 South Side Square, Macomb (309) 833-4551
1100 West Jackson, Macomb (309) 837-0667
1400 East Jackson, Macomb (309) 837-0685
100 South Main, Roseville (309) 426-2193

Activity

June 2018

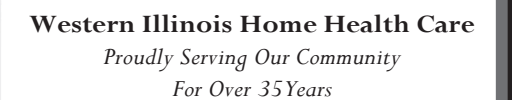
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Blood Pressure</u> <u>Colchester Senior Center</u> First Wed. @10:45-11:45am <u>Bushnell Rec Center</u> Third Wed @11:30-12:30pm <u>Industry Kiwanis Building</u> Third Tuesday @10:45-11:30am	<u>Phone Numbers for Meal Sites</u> Macomb 837-5733 Bushnell 772-2279 Colchester 776-4366 Industry 255-7626	<i>If a meal needs to be cancelled please do so by 1pm the preceding day if possible.</i>	<u>Water Fitness Classes appropriate for Seniors:</u> M/W/F-Water Workout at 2pm T/Th-Water Walking at 9:15am T/Th-Arthritis/Mobility at 10am	11:30 Lunch 1:30 Rules of the Road* <i>Summer I Session starts Monday!</i>
4 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch	5 8:00 Master Builders 11:30 Lunch 12:30 Canasta 3:00 Forever Fit! 4:00 Kneedlers	6 8:00 Yoga with Candace 10:15 Balance Stretch Strength 11:30 Lunch 12:30 Scrabble and Pinochle	7 8:00 Master Builders 11:30 Lunch 1:00 Line Dancing 5:00 Pitch Potluck 5:30 Pitch	8 8:00 Pilates w/ Heather 9:30 Card Making Workshop* 10:15 Balance Stretch Strength 11:30 Lunch
11 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch 2:00 Caregiver Support Group	12 8:00 Master Builders 10:00 Special Program: Downsize your Paper!* 11:30 Lunch 12:30 Mexican Train 3:00 Forever Fit! 4:00 Kneedlers	13 8:00 Yoga with Candace 10:15 Balance Stretch Strength 10:45 Blood Pressure by Wesley Village 11:30 Lunch 12:30 Scrabble and Bridge	14 8:00 Master Builders 11:30 Lunch 5:30 Pitch <i>Line Dance Demo Day</i>	15 8:00 Pilates w/ Heather 10:00-2:00 Shred Day 10:15 Balance Stretch Strength 11:30 Lunch
18 June Birthday Bash! 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch- Birthday Lunch! 12:30 Bingo w/ Wesley Village	19 8:00 Master Builders 11:30 Lunch 12:30 Canasta 3:00 Forever Fit! 4:00 Kneedlers	20 8:00 Yoga with Candace 10:15 Balance Stretch Strength 11:30 Lunch 12:30 Scrabble and Pinochle	21 8:00 Master Builders 11:30 Lunch 1:30 Line Dancing 5:30 Pitch	22 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch
25 8:00 Pilates w/ Heather 10:15 Balance Stretch Strength 11:30 Lunch	26 8:00 Master Builders 11:30 Lunch 12:30 Mexican Train 3:00 Forever Fit! 4:00 Kneedlers	27 8:00 Yoga with Candace 10:15 Balance Stretch Strength 11:30 Lunch 12:30 Scrabble and Bridge	28 8:00 Master Builders 11:30 Lunch 1:00 Line Dancing 5:30 Pitch	29 8:00 Pilates w/ Heather 10:00 Hydrangea Block Light Craft* 10:15 Balance Stretch Strength 11:30 Lunch

*Please register for event by calling the Senior Center Office at 309-837-5733.



YOUR AD COULD
BE HERE

**Call Cynthia
309-837-5733
FOR
DETAILS!**



Complete Care To Keep You Independent At Home

- | | |
|--|---|
| <ul style="list-style-type: none"> • Skilled Nursing • Wound Care • In-Home Therapy • Medication Management • Home Health Aides • <i>Restoring Wholeness At Home</i>
Behavioral Health Program | <ul style="list-style-type: none"> • Light Housekeeping • Meal Preparation • Caregiver Relief Program • Senior Care Management • 24-Hour Care • Nursing Home-to-Home
Transition Program |
|--|---|

Toll Free: 800-228-5993 • Macomb: 309-837-9422

www.wihhc.com