

B.Fit! June

2024

Sunday	Monday 10AM-2PM	Tuesday 11AM-12PM *ZOOM*	Wednesday 10AM-2PM	Thursday 11AM-12PM *ZOOM*	Friday 10AM-2PM	Saturday
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2	3 Knoxville Choir 11AM-12PM! *Lunch* Guided mindfulness and breathing exercises.	4 Virtual B.Fit *Zoom* 11AM-12PM Coffee and a sweet treat 1-2PM	5 Upper Body Stretching, mystery podcast *Lunch* Sensory mindfulness	6 Week #2 of Social Wellness *Zoom* 11AM-12PM	7 Week #4 with Jeremy Colon group PT! *Lunch* gratitude circle	8
9	10 Podcasts and a chat *Lunch* Guided mindfulness	11 Virtual B.Fit *Zoom* 11AM-12PM Coffee and a sweet treat 1-2PM	12 B.Fit! Boston Aquarium trip & Faneuil Hall! 11AM-2PM!	13 <u>No B.Fit!</u>	14 <u>No B.Fit!</u>	15
16	17 Podcasts and a chat *Lunch* Guided Breathing	18 Virtual B.Fit! *Zoom* 11AM-12PM Paper Flowers with Diedre! 1-2PM	19 <u>Happy Juneteenth!</u> <u>No B.Fit!</u>	20 Week #3 of Social Wellness *Zoom* 11AM-12PM	21 Week #5 with Jeremy Colon group PT! *Lunch* positive affirmations	22
23	24 Podcasts and a chat *Lunch* Weekly Intention Setting	25 Virtual B.Fit *Zoom* 11AM-12PM Coffee and a sweet treat 1-2PM	26 B.Fit! Meet up @ Castle Island 11AM-2PM!	27 Week #4 of Social Wellness *Zoom* 11AM-12PM	28 Week #6 with Jeremy Colon group PT! *Lunch* gratitude circle	29
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