

Pre-Diabetic Awareness Month, JULY 2017



Monday	Tuesday	Wednesday	Thursday	Friday	
	Happy July	Birthday to:	Rita Foy Craig Spence	Bill Farling Beth Izold	
NO VAN 3	Office Closed 4 th of July 4	Errand Day Appointments 5	Activity Kriner's Diner 6	NO VAN 7	
NO VAN 10	Fred Meyer Muldoon (10%) BOD 5:30 11	Errand Day Appointments 12	Northway Mall Bed, Bath & Beyond 13	NO VAN 14	
NO VAN 17	Walmart Muldoon 18	Errand Day Appointments 19	Red Apple & Costco 20	NO VAN 21	
NO VAN 24	Fred Meyer - Midtown 25	Errand Day Appointments 26	Botanical Gardens 27	NO VAN 28	

Call 276-1517 and leave a message at least one day before to reserve space on the VAN. Tom will call back the morning of your requested date to coordinate Pick Up.

Thank you to Kay's Family Restaurant and the Bagel Factory for providing food and snacks for our Annual Membership Meeting on Thursday, June 15, at the lower-level of First Congregational Church. Please see page 8 for new directors and officers.