

# June 2025



**NISQUALLY**  
ELDERS PROGRAM

| Sun                 | Mon  | Tue  | Wed  | Thu  | Fri                                       | Sat                 |
|---------------------|--|--|--|--|---|---------------------|
| 1<br><i>Closed</i>  | 2<br>Yoga 10:30am                              | 3<br>Medicine Springs<br>Pump house<br>Presentation<br>1:00pm  | 4<br>Yelm Movies<br>Karate Kid<br>Legends Bus<br>Leaves at 10:30                         | 5<br>Cancer Survivor<br>Caregiver Confer-<br>ence @ 7 Cedars<br>Casino<br>(June 4th-5th) | 6   | 7<br><i>Closed</i>  |
| 8<br><i>Closed</i>  | 9<br>Yoga 10:30am                              | 10<br>Paint with me<br>10:00am<br>Nisqually Fish<br>Design   | 11<br>Yoga 10:30am<br>Celebrating Pride<br>5pm @Nisqually<br>Health & Wellness<br>Center | 12   | 13<br>Father's Day<br>Luncheon<br>12:00pm | 14<br><i>Closed</i> |
| 15<br><i>Closed</i> | 16<br>Clean Energy<br>Event<br>12:00pm– 2:00pm | 17<br>NW Trek<br>Bus Leaves at<br>9:30am   | 18<br>Yoga 10:30am   | 19<br><i>Juneteenth the<br/>Tribe will be Closed</i>                                     | 20  | 21<br><i>Closed</i> |
| 22<br><i>Closed</i> | 23<br>Yoga 10:30am                             | 24<br>Trivia @<br>10:30 am   | 25<br>Yoga 10:30am   | 26   | 27<br>Bingo @<br>10:30am                  | 28<br><i>Closed</i> |
| 29<br><i>Closed</i> | 30   | <p>Every Wednesday at lunchtime, Mary Szafranski is here to offer <b>free Blood Pressure Checks</b>.<br/>Swing by, say hello, and get a quick check-in on your health — it's easy and it matters!</p> <p>For any questions please call Nisqually Elders Program at 360-486-9546 or Visit us at 4842<br/>Journey RD SE Olympia WA 98513</p> |  |  |   |                     |