

June 2026

Fare | Well Book Club: 6/4/26 @ 5-6 pm

Join for snacks and conversation! *"Everything We Never Had"* by Randy Ribay

Culinary Medicine Classes: 5:30-7 pm

6/15/26: Global Kitchen – Summer plates from around the world

6/29/26: Mezze & Medicine – Mediterranean tapas dishes to share

Please RSVP within (2) business days if you are planning to attend.

Fare | Well Field Trip: 6/13/26 @ 2-3 PM

"The Last Whole Earth" Buffalo-based artist Kyla Kegler

Rivalry Projects Art Gallery: 106 College St. Buffalo, NY 14201

Join an intimate gallery tour with the artist. *Please RSVP if you are planning to attend.*

Walk with a Doc: 6/25/26 @ 6:30 PM

West Seneca Community 5K Run OR Walk at Veterans Memorial Park (Legion Pkwy at Union Rd.)

Register online at www.runsignup.com/Race/NY/WestSeneca/WestSenecaCommunity5K

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 All Levels Yoga 8-9 am Chair Yoga 10-10:45 am	3	4 Book Club <i>"Everything We Never Had"</i> 5-6 pm	5	6
7	8	9 All Levels Yoga 8-9 am Chair Yoga 10-10:45 am	10	11 Restorative Yoga 5:30-6:30 pm	12	13 Field Trip <i>"The Last Whole Earth"</i> 2-3 pm
14	15 Culinary Medicine <i>"Global Kitchen"</i> 5:30-7 pm	16 All Levels Yoga 8-9 am Chair Yoga 10-10:45 am	17	18 Restorative Yoga 5:30-6:30 pm	19	20
21	22	23 All Levels Yoga 8-9 am Chair Yoga 10-10:45 am	24	25 Walk with a Doc <i>West Seneca Community 5K</i> 6:30 pm	26	27
28	29 Culinary Medicine <i>"Mezze & Medicine"</i> 5:30-7 pm	30 All Levels Yoga 8-9 am Chair Yoga 10-10:45 am				