




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR	2 3:30 PM LADDER BALL ML
3	4 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	5 10:00 AM MEDITATION in CHAPEL ELECTION IN REC ROOM	6 10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR	7 9:00 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	8 9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR	9
10	11 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	12 9:15 AM TAI CHI WITH CATHY EDDY RR 11:00 AM STRENGTH CLASS RR	13 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	14 9:00 AM TAI CHI WITH CATHY EDDY RR 11:00 AM STRENGTH CLASS RR	15 9:15 AM DAILY FITNESS CLASS RR	16
17 	18 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	19 9:15 AM TAI CHI WITH CATHY EDDY RR 10:00 AM MEDITATION in CHAPEL 11:00 AM STRENGTH CLASS RR	20 10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR	21 9:00 AM TAI CHI WITH CATHY EDDY RR 11:00 AM STRENGTH CLASS RR	22 9:15 AM DAILY FITNESS CLASS RR	23
24	25 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	26 9:15 AM TAI CHI WITH CATHY EDDY RR 11:00 AM STRENGTH CLASS RR	27 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR 3:30 PM HEALTHY LIVING ML	28 9:00 AM TAI CHI WITH CATHY EDDY RR 11:00 AM STRENGTH CLASS RR	29 9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR	30
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