

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>September 2017</h1> <h2>WELLNESS</h2>						1 9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR	2 3:30 PM LADDER BALL ML
3	4 HOLIDAY	5 9:15 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	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 VOTING IN THE REC ROOM	13 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	14 9:00 AM DAILY FITNESS CLASS 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 DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	20 10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR	21 9:00 AM DAILY FITNESS CLASS 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 DAILY FITNESS CLASS 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 DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	29 9:15 AM DAILY FITNESS CLASS RR	30	