

OCTOBER 2017  
WELLNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p>2</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE &amp; STRETCH RR</p>	<p>3</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>4</p> <p>10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR</p>	<p>5</p> <p>9:00 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>6</p> <p>9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR</p>	<p>7</p> <p>3:30 PM LADDER BALL ML</p>
8	<p>9</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE &amp; STRETCH RR</p>	<p>10</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>11</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE &amp; STRETCH RR</p>	<p>12</p> <p>9:00 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>13</p> <p>9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR</p>	14
15	<p>16</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE &amp;</p>	<p>17</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH</p>	<p>18</p> <p>10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR</p>	<p>19</p> <p>9:00 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH</p>	<p>20</p> <p>9:15 AM DAILY FITNESS CLASS RR</p>	21

	<p>FITNESS CLASS RR</p> <p>11:00 AM BALANCE &amp; STRETCH RR</p>	<p>FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR</p>	<p>FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>FITNESS CLASS RR</p>	
22	<p>23</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE &amp; STRETCH RR</p>	<p>24</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>25</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE &amp; STRETCH RR</p> <p>3:30 PM HEALTHY LIVING ML</p>	<p>26</p> <p>9:00 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>27</p> <p>9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR</p>	28
29	<p>30</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE &amp; STRETCH RR</p>	<p>31</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	 <p><b>October 2017 WELLNESS</b></p>			