

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2 style="color: blue; text-align: center;">December 2017 WELLNESS</h2>					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 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 STAFF CPR CLASSES	13 STAFF CPR CLASSES	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 	26 9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR  11:00 AM STRENGTH CLASS VOLUNTEER RR	27 9:15 AM DAILY FITNESS CLASS RR  11:00 AM BALANCE & STRETCH RR	28 9:00 AM DAILY FITNESS CLASS RR  11:00 AM STRENGTH CLASS RR	29 9:15 AM DAILY FITNESS CLASS RR	30
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