

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE & STRETCH RR</p>	<p>2</p> <p>9:15 AM TAI CHI WITH CATHY EDDY RR</p> <p>10:00 AM MEDITATION in CHAPEL</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>3</p> <p>10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR</p>	<p>4</p> <p>9:15 AM TAI CHI WITH CATHY EDDY RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>5</p> <p>9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR</p>	<p>6</p> <p>3:30 PM LADDER BALL ML</p>
7	<p>8</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE & STRETCH RR</p>	<p>9</p> <p>9:15 AM TAI CHI WITH CATHY EDDY RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>10</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE & STRETCH RR</p>	<p>11</p> <p>9:15 AM TAI CHI WITH CATHY EDDY RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>12</p> <p>9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR</p>	13
14	<p>15</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE & STRETCH RR</p>	<p>16</p> <p>9:15 AM TAI CHI WITH CATHY EDDY RR</p> <p>10:00 AM MEDITATION in CHAPEL</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>17</p> <p>10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR</p>	<p>18</p> <p>9:15 AM TAI CHI WITH CATHY EDDY RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>19</p> <p>9:15 AM DAILY FITNESS CLASS RR</p>	20
21	<p>22</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE & STRETCH RR</p>	<p>23</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>24</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE & STRETCH RR</p> <p>3:30 PM HEALTHY LIVING ML</p>	<p>25</p> <p>9:00 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>26</p> <p>9:15 AM DAILY FITNESS CLASS RR</p>	27
28	<p>29</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM BALANCE & STRETCH RR</p>	<p>30</p> <p>9:15 AM DAILY FITNESS CLASS RR</p> <p>11:00 AM STRENGTH CLASS RR</p>	<p>WELLNESS</p> <p>April 2019</p>			