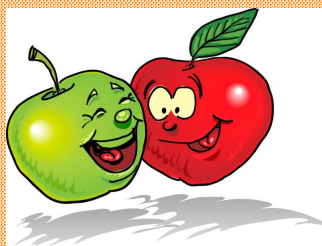


| Sunday | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday                    |
|--------|---|--|--|--|---|-----------------------------|
| 1      | 2<br><b>HOLIDAY</b>   | 3<br>9:15 AM DAILY FITNESS CLASS RR<br><br>10:00 AM MEDITATION in CHAPEL BY EMILY<br><br>11:00 AM STRENGTH CLASS RR  | 4<br>10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR  | 5<br>9:00 AM DAILY FITNESS CLASS RR<br><br>11:00 AM STRENGTH CLASS RR  | 6<br>9:15 AM DAILY FITNESS CLASS RR<br><br>11:00 AM BALANCE AND STRETCH RR  | 7<br>3:30 PM LADDER BALL ML |
| 8      | 9<br>9:15 AM DAILY FITNESS CLASS RR<br><br>11:00 AM BALANCE AND STRETCH RR  | 10<br>VOTING IN THE REC ROOM   | 11<br>9:15 AM QIGONG WITH CATHY EDDY RR<br><br>CATHY EDDY    | 12<br>9:00 AM DAILY FITNESS CLASS RR<br><br>11:00 AM STRENGTH CLASS RR | 13<br>9:15 AM DAILY FITNESS CLASS RR<br><br>11:00 AM BALANCE AND STRETCH RR | 14                          |
| 15     | 16<br>9:15 AM DAILY FITNESS CLASS RR<br><br>11:00 AM BALANCE AND STRETCH RR | 17<br>9:15 AM DAILY FITNESS CLASS RR<br><br>10:00 AM MEDITATION in CHAPEL BY EMILY<br><br>11:00 AM STRENGTH CLASS RR | 18<br>10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR | 19<br>9:00 AM DAILY FITNESS CLASS RR<br><br>11:00 AM STRENGTH CLASS RR | 20<br>9:15 AM DAILY FITNESS CLASS RR<br><br>11:00 AM BALANCE AND STRETCH RR | 21                          |
| 22     | 23<br>9:15 AM DAILY FITNESS CLASS RR<br><br>11:00 AM BALANCE AND STRETCH RR | 24<br>9:15 AM DAILY FITNESS CLASS RR<br><br>11:00 AM STRENGTH CLASS RR   | 25<br>9:15 AM QIGONG WITH CATHY EDDY RR<br><br>CATHY EDDY    | 26<br>9:00 AM DAILY FITNESS CLASS RR<br><br>11:00 AM STRENGTH CLASS RR | 27<br>9:15 AM DAILY FITNESS CLASS RR<br><br>11:00 AM BALANCE AND STRETCH RR | 28                          |

|    |   |
|----|---|
| 29 | 30<br>9:15 AM DAILY FITNESS CLASS RR<br><br>11:00 AM BALANCE AND STRETCH RR |
|----|---|



September 2019

WELLNESS