

MARCH 2020  
WELLNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE AND STRETCH RR	3 9:15 AM DAILY FITNESS CLASS RR 10:00 AM MEDITATION in CHAPEL BY EMILY 11:00 AM STRENGTH CLASS RR	4 10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR	5 9:00 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	6 9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR 11:00 AM BALANCE AND STRETCH RR	7
8	9 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE AND STRETCH RR	10 SOCIAL DRUMMING 10:30 AM RR	11 9:15 AM QI GONG WITH CATHY EDDY RR	12 9:00 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	13 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE AND STRETCH RR	14
15	16 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE AND STRETCH RR	17 9:15 AM DAILY FITNESS CLASS RR 10:00 AM MEDITATION in CHAPEL BY EMILY 11:00 AM STRENGTH CLASS RR	18 10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR	19 9:00 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	20 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE AND STRETCH RR	21
22	23 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE AND STRETCH RR	24 9:15 AM ZUMBA RR 11:00 AM STRENGTH CLASS RR	25 9:15 AM QI GONG WITH CATHY EDDY RR	26 9:00 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	27 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE AND STRETCH RR	28
29	30 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE AND STRETCH RR	31 9:15 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	 <p>March 2020</p> <p>WELLNESS</p>			