

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:30-11:00 STRETCH EXERCISE CLASS Helen Lunch	2 REGULAR ACTIVITIES BLOOD PRESSURE CHECKS	3 REGULAR ACTIVITIES	4 10:30-11:00 STRETCH EXERCISE CLASS	5 10:30 BINGO
8 10:30-11:00 STRETCH EXERCISE CLASS	9 REGULAR ACTIVITIES BLOOD PRESSURE CHECKS	10 REGULAR ACTIVITIES	11 10:30-11:00 STRETCH EXERCISE CLASS	12 10:30 BINGO
15 10:30-11:00 STRETCH EXERCISE CLASS	16 REGULAR ACTIVITIES BLOOD PRESSURE CHECKS	17 REGULAR ACTIVITIES	18 10:30-11:00 STRETCH EXERCISE CLASS	19 CENTER CLOSED
22 10:30-11:00 STRETCH EXERCISE CLASS	23 REGULAR ACTIVITIES BLOOD PRESSURE CHECKS	24 REGULAR ACTIVITIES	25 10:30-11:00 STRETCH EXERCISE CLASS BIRTHDAY PARTY 11:30	26 10:30 BINGO
29 10:30-11:00 STRETCH EXERCISE CLASS	30 REGULAR ACTIVITIES BLOOD PRESSURE CHECKS	31 REGULAR ACTIVITIES Sandra Assenmacher		