

The Residences

February 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 12:15 Stretch it Out!	2 Reserved 12:00-4:00
3	4 Reserved 10:30-2:00 11:00 Chair Aerobics	5 10:30 Strength Circuit 2:45 Arthritis Aquatics	6 11:00 Chair Yoga 2:00 Living Strong	7 10:00 Strength 2:45 Balance/Core 4:00 Happy Hour 	8 9:30 Men's Coffee  12:15 Stretch it Out!	9 5:30 Dinner Night Out at the Moracco
10 Reserved 12:00-4:00	11 11:00 Chair Aerobics Reserved 12:00-4:00	12 10:30 Strength Circuit 1:30 Thrive (Bistro) 2:45 Arthritis Aquatics	13 11:00 Chair Yoga 2:00 Living Strong	14  9:00 Strength 11:30 Potluck 2:45 Balance/Core	15 12:15 Stretch it Out!	16 Reserved 1:00-5:00
17	18 11:00 Chair Aerobics 1:00 Book Club 	19 10:30 Strength Circuit 2:45 Arthritis Aquatics	20 9:30 Ladies' Coffee  11:00 Chair Yoga 2:00 Living Strong	21 9:30 BP Checks  10:00 Strength 2:45 Balance/Core	22 12:15 Stretch it Out! 4:00 Social Night 	23 Reserved 6:00pm-10:00pm
24 2:30 Progressive Euchre Tournament Reserved 6:00pm-10:00pm	25 1:30 Medicare informational presentation	26	27 Reserved 8:30am-11:30am	28		