





ACTIVITY CALENDAR

Mon	Tue	Wed	Thu	Fri
<p>1 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 12:30 PM: ACTIVITY PLANNING 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC</p>	<p>2 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY/BUNCO</p>	<p>3 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO</p>	<p>4 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS</p>	<p>5 9:15 AM: BEGINNER'S LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR</p>
<p>8 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 11:00 AM: WALMART 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC</p>	<p>9 11:30 AM VOLUNTEER LUNCH <i>(invitation only)</i></p>	<p>10 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SS CIRCUIT 10:30 AM: BLOOD PRESSURE 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO</p>	<p>11 9:00 AM : CHAIR YOGA 9:00 AM: MEN'S COFFEE & DONUTS 10:30 AM: SOMATICS 1:00 PM: NEW HORIZONS BAND</p>	<p>12 9:15 AM: BEGINNER'S LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS</p>
<p>15 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 11:00 AM: RIVERS CASINO 11:45 AM: BOOK CLUB 1:00 PM: BRIDGE 1:30 PM: COOKING W/ALICE</p>	<p>16 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY</p>	<p>17 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO</p>	<p>18 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: HOW TO MANAGE EMOTIONS 5:00 PM : DINNER WITH FRIENDS</p>	
<p>22 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA W/ NANCY 1:00 PM: BRIDGE TOURNAMENT 1:30 PM: SS CLASSIC</p>	<p>23 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 12:00 PM: BREATHE PA 1:00 PM: GAME DAY</p>	<p>24 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SS CIRCUIT 10:30 AM: BLOOD PRESSURE 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO</p>	<p>25 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:00 PM: LIFELINE—KNEE SCREENING</p> 	<p>26 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS 1:00 PM: LUNCH WITH FRIENDS</p>
<p>29 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 1:00 PM: BRIDGE 1:30 PM: SS CLASSIC</p>	<p>30 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 10:00 AM: BAYERNHOF MUSEUM 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY/BUNCO</p>			



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Mon	Tue	Wed	Thu	Fri
				<p>1 9:15 AM: BEGINNER'S LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR</p>
<p>4 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 12:30 PM: ACTIVITY PLANNING 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>5 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY/BUNCO</p>	<p>6 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO</p>	<p>7 9:00 AM : CHAIR YOGA 10:30 AM: SOMATIC'S 1:00 PM: WILD LIFE PRESENTATION</p>	<p>8 9:15 AM: BEGINNER'S LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS 12:00 PM: LUNCH WITH FRIENDS</p>
<p>11 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA 11:00 AM: WALMART 1:00 PM: BRIDGE 1:30 PM: SS ENERCHI</p>	<p>12 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY</p>	<p>13 8:45 AM: YOGA 1 9:30 AM: WELLNESS FAIR 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SS CIRCUIT 10:30 AM: BLOOD PRESSURE 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO</p>	<p>14 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 1:00 PM: MOVIE 1:00 PM: AARP SAFE DRIVING</p>	<p>15 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: EXERCISE WITH THE DIRECTOR 12:00 PM: UPMC—GRIEF TALK</p>
<p>18 9:00 AM: FULL BODY CHAIR WORKOUT 10:30 AM: CHAIR YOGA W/ NANCY 11:00 AM: RIVERS CASINO 11:45 AM: BOOK CLUB 1:00 PM: BRIDGE</p>		<p>20 8:45 AM: YOGA 1 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SS CIRCUIT 11:30 AM: CARDIO & STRENGTH 1:00 PM: BINGO</p>	<p>21 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 5:00 PM : DINNER WITH FRIENDS</p>	<p>22 9:15 AM: BEGINNERS LINE DANCING 9:45 AM: LINE DANCING 11:15 AM: RELAX-COORDINATION-ACTIVITY CLASS</p>
	<p>26 9:00 AM: FIT GROUP DRUMS 10:00 AM: SS STABILITY & BALANCE 11:00 AM: ON THE MOVE 1:00 PM: GAME DAY/B UNCO</p>	<p>27 8:45 AM: YOGA 1 9:30 AM: ZOO 10:00 AM: SIT, KNIT, CROCHET 10:00 AM: CRAFTS 10:00 AM: SS CIRCUIT 10:30 AM: BLOOD PRESSURE 11:30 AM: CARDIO & STRENGTH</p>	<p>28 9:00 AM : CHAIR YOGA 10:30 AM: SOMATICS 12:00 PM: BEREAVEMENT SCAMS</p>	<p>29 9:45 AM: LINE DANCING 11:15 AM: EXERISE WITH THE DIRECTOR</p>