

# Your Healthy Living Calendar December 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:00 am Chair Exercise 9:45 am Pilates (GRA) 2:00 pm Tai Chi (GRA) 2:30 pm <b>YOGA (G'RA)</b> Sign up for Private Training with Steve	<b>2</b> 9:00 am Pool Exercise (P) 11:00 am Assisted Living Chair Exercise with Steve (Lodge) Sign up for Private Training with Steve	<b>3</b> 9:00 am Chair Exercise With Steve (GRA) 9:30 am Line Dance Level 1 10:00 am Line Dance Level 2 Sign up for Private Training with Steve	<b>4</b> 9:00 am Pool Exercise (P) 9:00 -10:00 am Shape-Up Assisted Living (Lodge) & (Health Center) 10:00 am <b>QIGONG (GRA)</b> 1:00 pm Tai Chi (GRA) 1:30 pm <b>YOGA (GRA)</b>	<b>5</b> 9:00 am Chair Exercise with Steve (GRA) 9:45 am Pilates (GRA) 11:00 am Assisted Living Chair Exercise with Steve (Lodge)	<b>6</b> It is never too late to sign up for Masterpiece Living!!! Contact Steve Cheregosha 356-3398
<b>7</b> 	<b>8</b> <b>STEVE WILL NOT BE HERE</b> 9:00 am Chair Exercise <b>Video</b> (GRA) 2:00 pm Tai Chi (GRA) 2:30 pm <b>YOGA (GRA)</b>	<b>9</b> 9:00 am Pool Exercise (P) 11:00 am Assisted Living Chair Exercise with Steve (Lodge) Sign up for Private Training with Steve	<b>10</b> 9:00 am Chair Exercise 9:45 am Pilates (GRA) Sign up for Masterpiece Living. Contact your Lifestyle Coordinator Steve Cheregosha	<b>11</b> 9:00 am Pool Exercise (P) 9:00 -10:00 am Shape-Up Assisted Living (Lodge) & (Health Center) 10:00 am <b>QIGONG (GRA)</b> 1:00 pm Tai Chi (GRA) 1:30 pm <b>YOGA (GRA)</b>	<b>12</b> 9:00 am Chair Exercise with Steve (GRA) 9:45 am Pilates (GRA) 11:00 am Assisted Living Chair Exercise with Steve (Lodge)	<b>13</b> 
<b>14</b> 	<b>15</b> 9:00 am Chair Exercise 9:45 am Pilates (GRA) 2:00 pm Tai Chi (GRA) 2:30 pm <b>YOGA (G'RA)</b> Sign up for Private Training with Steve	<b>16</b> 9:00 am Pool Exercise (P) 11:00 am Assisted Living Chair Exercise with Steve (Lodge) Sign up for Private Training with Steve	<b>17</b> 9:00 am Chair Exercise With Steve (GRA) 9:30 am Line Dance Level 1 10:00 am Line Dance Level 2 Sign up for Private Training with Steve	<b>18</b> 9:00 am Pool Exercise (P) 9:00 -10:00 am Shape-Up Assisted Living (Lodge) & (Health Center) 10:00 am <b>QIGONG</b> 1:00 pm Tai Chi (CR) 1:30 pm <b>YOGA (CR)</b>	<b>19</b> 9:00 am Exercise Video <b>HIKE: Natural Bridges State Park (Donations Welcomed)</b> 8:45 am meet in the Lobby <b>Please sign up at the front desk under Friday tours</b> <b>Please bring your own Lunch</b>	<b>20</b> 
<b>121</b> 	<b>22</b> 9:00 am Chair Exercise 9:45 am Pilates (GRA) 2:00 pm Tai Chi (GRA) 2:30 pm <b>YOGA (GRA)</b> Sign up for Private Training with Steve	<b>23</b> 9:00 am Pool Exercise (P) 11:00 am Assisted Living Chair Exercise with Steve (Lodge) Sign up for Private Training with Steve	<b>24</b> 9:00 am Chair Exercise 9:45 am Pilates (GRA) Sign up for Masterpiece Living. Contact your Lifestyle Coordinator Steve Cheregosha	<b>25</b> <b>STEVE WILL NOT BE HERE</b> 9:00 am Pool Exercise (P) <b>No Exercise Classes</b>	<b>26</b> <b>Steve will not be here</b> 9:00 am Chair Exercise <b>Video</b> (GRA)	<b>27</b> 
<b>28</b> 	<b>29</b> 9:00 am Chair Exercise 9:45 am Pilates (GRA) 2:00 pm Tai Chi (GRA) 2:30 pm <b>YOGA (GRA)</b> Sign up for Private Training with Steve	<b>30</b> 9:00 am Pool Exercise (P) 11:00 am Assisted Living Chair Exercise with Steve (Lodge) Sign up for Private Training with Steve	<b>31</b> 9:00 am Chair Exercise With Steve (GRA) 9:30 am Line Dance Level 1 10:00 am Line Dance Level 2 Sign up for Private Training with Steve			<b>Massage Therapy</b> <b>Please contact Tommy for an appointment @ x115</b>

