






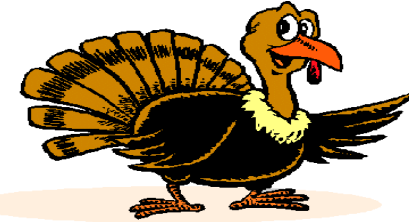



Your Healthy Living Calendar November 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 7:30 am Walking Group 9:00 am Pool Exercise (P) 11:00 am Assisted Living 1:00pm Wii Bowling League (GRA)	2 7:30 am Walking 9:00 am Chair Exercise 9:30 am Line Dance Level 1 10:00 am Line Dance Level 2 10:00 am Pool Therapy 11:00 am Meditation Q104 1:30 pm YOGA (GRA)	3 7:30 am Walking 9:00 am Pool Exercise (P) 11:00am Assisted Living 10:00 am TAI CHI (GRA) Masterpiece Living Assessments are due	4 7:30 am Walking Group 9:00 am Chair Exercise with Steve (GRA) 9:30 am Pilates (GRA) Masterpiece Living Assessments are due	5 
6 	7 7:30 am Walking Group 9:00 am Chair Exercise 9:30 am Pilates (GRA) 1:30 pm Meditation Q104 2:30 pm YOGA (GRA)	8 7:30 am Walking Group 9:00 am Pool Exercise (P) 11:00 am Assisted Living 1:00pm Wii Bowling League (GRA)	9 7:30 am Walking 9:00 am Chair Exercise 9:30 am Line Dance Level 1 10:00 am Line Dance Level 2 10:00 am Pool Therapy 11:00 am Meditation Q104 1:30 pm YOGA (GRA)	10 7:30 am Walking 9:00 am Pool Exercise (P) 11:00am Assisted Living 10:00 am TAI CHI (GRA) Masterpiece Living Assessments are due	11 HIKE – 9:00 am The sign up sheet is in the binder at the front desk under “HIKE” Please bring your lunch & water.	12 
13 	14 7:30 am Walking Group 9:00 am Chair Exercise 9:30 am Pilates (GRA) 1:30 pm Meditation Q104 2:30 pm YOGA (GRA)	15 7:30 am Walking Group 9:00 am Pool Exercise (P) 11:00 am Assisted Living 1:00pm Wii Bowling League (GRA)	16 7:30 am Walking 9:00 am Chair Exercise 9:30 am Line Dance Level 1 10:00 am Line Dance Level 2 10:00 am Pool Therapy 11:00 am Meditation Q104 1:30 pm YOGA (GRA)	17 7:30 am Walking 9:00 am Pool Exercise (P) 11:00am Assisted Living 10:00 am TAI CHI (GRA) Masterpiece Living Assessments are due	18 7:30 am Walking Group 9:00 am Chair Exercise with Steve (GRA) 9:30 am Pilates (GRA) Masterpiece Living Assessments are due call Steve	19 
20 	21 7:30 am Walking Group 9:00 am Chair Exercise 9:30 am Pilates (GRA) 1:30 pm Meditation Q104 2:30 pm YOGA (GRA)	22 7:30 am Walking Group 9:00 am Pool Exercise (P) 11:00 am Assisted Living 1:00pm Wii Bowling League (GRA)	23 7:30 am Walking 9:00 am Chair Exercise 9:30 am Line Dance Level 1 10:00 am Line Dance Level 2 10:00 am Pool Therapy 11:00 am Meditation Q104 1:30 pm YOGA (GRA)	24 Happy Thanksgiving!!!  Steve will <u>NOT</u> be here	25 7:30 am Walking Group 9:00 am Chair Exercise with Steve (GRA) 9:30 am Pilates (GRA) Masterpiece Living Assessments are due	26 
27 	28 7:30 am Walking Group 9:00 am Chair Exercise 9:30 am Pilates (GRA) 1:30 pm Meditation Q104 2:30 pm YOGA (GRA)	29 7:30 am Walking Group 9:00 am Pool Exercise (P) 11:00 am Assisted Living 1:00pm Wii Bowling League (GRA)	30 7:30 am Walking 9:00 am Chair Exercise 9:30 am Line Dance Level 1 10:00 am Line Dance Level 2 10:00 am Pool Therapy 11:00 am Meditation Q104 1:30 pm YOGA (GRA)	