

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Resident Association Religious Lutheran Manor</p>			<p>1 8:30 Van trip Papers DROPOFF 10:00 Fit For Life (98) 11:00 'How to get up from a Fall' (98) 12:30 Bible Study(98)</p>	<p>2 10:00 Joyful Joints (98) 2:00 Church Spanish (98)</p>	<p>3 9:00 Banks/Post Office/CVS</p> 	<p>4</p> 
<p>5</p> 	<p>6 10:00 Fit For Life (98) 11:00 AM Stand up for Strength (98) 1:00 Movie:Playing With Fire (98)</p>	<p>7 10:00 Shopping at WEIS 10:00 Joyful Joints (98) 12:00 Tai Chi (98) 2:00 Church (98)</p>	<p>8 10:00 Fit For Life(98) 11:00 'How to Start a Fitness Program' (98) 12:30 Bible Study(98) 2:00 Pastor Clark Movie: Courageous (98)</p>	<p>9 10:00 Joyful Joints (98) 2:00 Church (98)</p>	<p>10 10:00 Tai Chi (98) 11:00 Yoga (98)</p>	<p>11</p>
<p>12</p>	<p>13 10:00 Fit For Life (98) 11:00 AM Stand up for Strength (98) 1:00 Movie: The Graduate (98)</p>	<p>14 10:00 Joyful Joints (98) 12:00 Tai Chi (98) 2:00 General MTG (98)</p>	<p>15 10:00 Fit For Life(98) 11:00 'Osteoporosis: StayBoneStrong' (98) 12:30 Bible Study(98) 1:00 Shopping at VALLEY FARMS</p>	<p>16 10:00 Joyful Joints (98) 12:30 Second Harvest Food Bank (Boxes distributed to residents apts) 2:00 Church (98)</p>	<p>17 7:00-10:00 Lounge Closed 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie:Harriet (98)</p>	<p>18</p> 
<p>19</p> 	<p>20 10:00 Shopping at GIANT 10:00 Fit For Life (98) 11:00 AM Stand up for Strength (98)</p>	<p>21 10:00 Joyful Joints (98) 12:00 Tai Chi (98)</p>	<p>22 10:00 Fit For Life(98) 11:00 'Stay Hydrated &amp; Nutrition Tips' (98) 12:30 Bible Study(98) 2:00 Pastor Clark Movie: The Book of Daniel (98)</p>	<p>23 10:00 Joyful Joints (98) 2:00 Church (98)</p>	<p>24 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie: Dark Waters (98)</p>	<p>25</p>
<p>26</p>	<p>27 10:00 Fit For Life (98) 11:00 AM Stand up for Strength (98) 2:00 Speaker: Aetna Medicare 101</p>	<p>28 10:00 Joyful Joints (98) 12:00 Tai Chi (98)</p>	<p>29 10:00 Fit For Life(98) 12:30 Bible Study(98)</p>	<p>30 10:00 Joyful Joints (98) 1:00 Shopping at WEGMANS 2:00 Church (98)</p>	<p>31 10:00 Tai Chi (98) 11:00 Yoga (98)</p>	