

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 Van trip Papers DROPOFF 9:00 FLU CLINIC 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 2:00 Church (98)	2 10:00 Fit For Life(98) 11:00 SPEAKER: Cholesterol (98) 12:30 Bible Study(98) 3:00 Candy/IceCream	3 10:00 Banks/Post Office/CVS 10:00 Joyful Joints (98) 12:30 Second Harvest Food Bank (Boxes distributed to residents apts) 2:00 Church Spanish (98)	4 10:00 Shopping at VALLEY FARMS 10:00 Tai Chi (98) 11:00 Yoga (98) 12:00 Mobile Mkt 1:00 Movie: The High Note	5 9:00 Shop- ping at VALLEY FARMS
6	7 10:00 Fit For Life (98) 11:00 Stand up for Strength (98)	8 10:00 Shopping at TARGET 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 2:00 General MTG (98)	9 10:00 Fit For Life(98) 12:30 Bible Study(98) 2:00 Pastor Clark Movie: The Hiding Place (98) 3:00 Candy/IceCream	10 10:00 Joyful Joints (98) 10:00 Shopping at GIANT 12:30 Second Harvest Food Bank (Boxes distributed to residents apts) 2:00 Church (98)	11 7:00-10:00 Lounge Closed for cleaning 10:00 Tai Chi (98) 11:00 Yoga (98) 12:00 Mobile Mkt 1:00 Movie:Joy	12
13	14 BALANCE AWARENESS WEEK 10:00 Fit For Life (98) 11:00 Stand up for Strength (98)	15 10:00 Shopping at WEIS 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Balance (98) 1:00 FLU CLINIC 2	16 10:00 Fit For Life(98) 11:00 Speaker: Pre-vent & Get Up from a Fall 12:30 Bible Study(98) 3:00 Candy/IceCream	17 10:00 Joyful Joints (98) 1:00 Balance (98) 2:00 Church (98)	18 10:00 Shopping at SHOPRITE 10:00 Tai Chi (98) 11:00 Yoga (98) 12:00 Mobile Mkt	19
20	21 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie: The Longest Ride	22 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98)	23 10:00 Shopping at VALLEY FARMS 10:00 Fit For Life(98) 11:00 SPEAKER: Alzheimers (98) 12:30 Bible Study(98) 1:00 Shopping at VALLEY FARMS 2:00 Pastor Clark Movie:Chronicles of Narnia (98) 3:00 Candy/IceCream	24 10:00 Joyful Joints (98) 2:00 Church (98)	25 10:00 Shopping at WALMART 10:00 Tai Chi (98) 11:00 Yoga (98) 11:00 SPEAKER: DEVI Adult Day Care (98) 12:00 Mobile Mkt	26
27	28 10:00 Shopping at WEGMANS 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie: Staff Surprise	29 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98)	30 10:00 Fit For Life(98) 12:30 Bible Study(98) 3:00 Candy/IceCream	Fitness Van Trips Resident Association Religious		Lutheran Manor Holidays/ Observances Other

