



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	CLOSED-HOLIDAY		AFTERNOON CHAT		1PM CHAIR YOGA IN THE GARDEN	
7	8	9	10	11	12	13
			PAST SEMESTER EXIT CELEBRATION!	LOVE YOURSELF	1PM CHAIR YOGA IN THE GARDEN	
14	15	16	17	18	19	20
		WRAP	NOTE: NO CHAT TODAY	LOVE YOURSELF	1PM CHAIR YOGA IN THE GARDEN	
21	22	23	24	25	26	27
		WRAP		LOVE YOURSELF	1PM CHAIR YOGA IN THE GARDEN, MUSIC	
28	29	30	31			
		WRAP	AFTERNOON CHAT			

AM CLASS – 10:00 AM – 12:00 PM    PM CLASS – 1:30 PM – 3:30 PM    UNLESS OTHERWISE NOTED  
**To Register, Call 519-371-3642 x1229**