



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			AFTERNOON CHAT	WRAP		
8	9	10	11	12	13	14
				WRAP		
15	16	17	18	19	20	21
		ART FOR WELLNESS	AFTERNOON CHAT	WRAP		
22	23	24	25	26	27	28
			WOMEN'S GROUP CHAIR YOGA	LIVING LIFE/FULL 9:30AM-12PM WRAP		
29	30					

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