



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	<b>CLOSED-HOLIDAY</b>		CHAIR YOGA	LIVING LIFE TO THE FULL		
10	11	12	13	14	15	16
			AFTERNOON CHAT CHAIR YOGA	LIVING LIFE TO THE FULL		
17	18	19	20	21	22	23
		ART FOR WELLNESS	CHAIR YOGA			
24	25	26	27	28	29	30
			WOMEN'S GROUP AFTERNOON CHAT CHAIR YOGA		EXIT CELEBRATION!	
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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**