
















































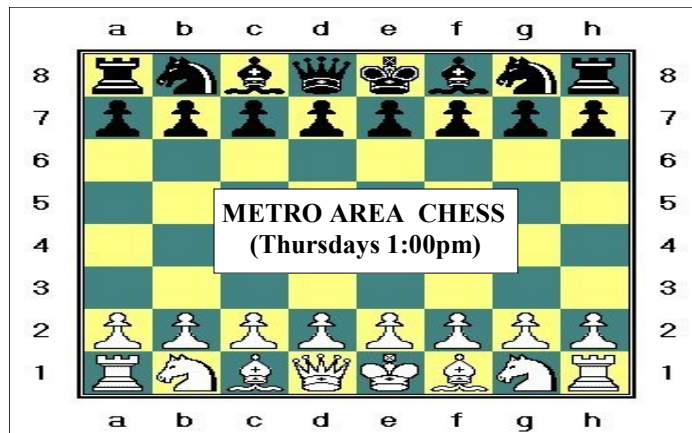


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Family Fun Month</p> <p>National Immunization Awareness Month</p> <p>Catfish Month</p> <p>National Watermelon Day (3rd)</p> <p>Farmers Market Week (5th-11th)</p> <p>Senior Citizen's Day (21st)</p>		<p>1</p> <p>8:45 90-Day Challenge (Abs)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Ole Skool Dancing</p> <p>10:30 ASSEMBLY MEETING</p>  <p>1:00 Arts & Crafts</p> <p>1:00 Spiritual Studies </p> <p>1:45 Tai Chi 3D</p> <p>2:30 Enhance Fitness</p>	<p>2</p> <p>8:45 90-Day Challenge (Abs)</p> <p>9:00 SIDEWALK SALE</p> <p>9:00 Meditation/Inspiration</p> <p>10:00 Mobile Market</p> <p>10:00 Stick Around/Line Dancing</p> <p>12:30 Book Club</p> <p>12:30 Smart Technology</p> <p>12:30 African Drums</p> <p>1:00 Metro Area CHESS, M.A.C.</p> <p>1:30 Phase 10/Pokeno</p> <p>1:30 Chair Yoga</p> <p>2:30 Breathe, Release & Relax: Meditation</p> <p>2:30 Chat w/Nat - Nutrition Jeopardy</p>	<p>3</p> <p>8:30 Enhance Fitness</p> <p>8:45 90-Day Challenge (Abs)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Fitness w/Kojak </p> <p>10:00 Crochet</p> <p>10:30 PRESENTATION - Better Breathers Club </p> <p>10:45 Kinesiology Klub </p> <p>1:00 </p> <p>1:15 Tai Chi 3-D</p>
<p>6</p> <p>8:45 90-Day Challenge (Abs)</p> <p>9:00 Meditation/Inspiration</p> <p>9:00 Therapeutic Treatments (Chair Massage)</p> <p>9:30 Senior Tabata Boot Camp</p> <p>10:00 Enhance Wholeness Lifestyle</p> <p>10:30 Pilates</p> <p>11:30 Therapeutic Treatment (Chair Massage)</p> <p>1:00 Enhance Fitness </p> <p>1:15 Phase 10/Pokeno</p> <p>2:00 Tai Chi 3D</p>	<p>7</p> <p>8:45 90-Day Challenge (Abs)</p> <p>9:00 Meditation/Inspiration</p> <p>9:00 Blood Pressure </p> <p>9:30 Chair Fitness </p> <p>10:00 TRIP-Chat w/Nat-Shopping for Health-Harris Teeter</p> <p>1:15 Bokwa</p> <p>1:30 Sewing</p> <p>2:00 Yoga </p> <p>3:00 Hand Dancing</p>	<p>8</p> <p>8:45 90-Day Challenge (Abs)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Ole Skool Dancing</p> <p>10:30 Pilates </p> <p>1:00 Arts & Crafts</p> <p>1:00 Spiritual Studies</p> <p>1:45 Tai Chi 3D </p> <p>2:30 Enhance Fitness</p>	<p>9</p> <p>8:45 90-Day Challenge (Abs)</p> <p>9:00 Meditation/Inspiration</p> <p>10:00 Mobile Market</p> <p>10:00 Stick Around/Line Dancing</p> <p>12:30 Smart Technology</p> <p>1:00 Metro Area CHESS, M.A.C.</p> <p>1:30 Phase 10/Pokeno</p> <p>1:30 Chair Yoga</p> <p>2:30 Breathe, Release & Relax: Meditation</p> <p>2:30 Chat w/Nat-My Plate Bingo</p>	<p>10</p> <p>8:30 Enhance Fitness</p> <p>8:45 90-Day Challenge (Abs)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Fitness w/Kojak </p> <p>10:00 Crochet</p> <p>10:00 Senior Medicare Patrol</p> <p>1:00 </p> <p>1:15 Tai Chi 3-D</p>
<p>13</p> <p>8:45 90-Day Challenge (Abs)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Senior Tabata </p> <p>10:00 Social Worker</p> <p>10:00 Enhance Wholeness Lifestyle</p> <p>10:30 Pilates </p> <p>1:00 Enhance Fitness</p> <p>1:15 Phase 10/Pokeno </p> <p>2:00 Tai Chi 3D</p>	<p>14</p> <p>8:45 90-Day Challenge (Abs)</p> <p>9:00 Meditation/Inspiration</p> <p>9:00 Blood Pressure </p> <p>9:30 Chair Fitness </p> <p>10:30 Sunshine Club </p> <p>10:00 TRIP - Walmart, Georgia Ave.</p> <p>10:30 PRESENTATION-Office of the Inspector General</p> <p>10:45 Chat w/Nat-Vaccines are not just for kids</p> <p>1:30 Sewing</p> <p>2:00 Yoga</p> <p>2:30 Club Memory </p> <p>3:00 Hand Dancing</p>	<p>15</p> <p>8:45 90-Day Challenge (Abs)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Ole Skool Dancing</p> <p>9:30 Community Outreach Group (COG)</p> <p>10:00 TRIP-Great American Buffet, VA</p> <p>10:30 Pilates </p> <p>1:00 Arts & Crafts</p> <p>1:00 Spiritual Studies</p> <p>1:45 Tai Chi 3D </p> <p>2:30 Enhance Fitness</p>	<p>16</p> <p>8:45 90-Day Challenge (Abs)</p> <p>9:00 Meditation/Inspiration</p> <p>10:00 Mobile Market</p> <p>10:00 Stick Around/Line Dancing</p> <p>12:30 Smart Technology</p> <p>12:30 African Drums</p> <p>1:00 Metro Area CHESS, M.A.C.</p> <p>1:00 PRESENTATION - HIV-Healthy Relationships</p> <p>1:30 Phase 10/Pokeno</p> <p>1:30 Chair Yoga</p> <p>2:30 Breathe, Release & Relax: Meditation</p> <p>2:30 Chat w/Nat-Diabetes Support</p>	<p>17</p> <p>8:30 Enhance Fitness</p> <p>8:45 90-Day Challenge (Abs)</p> <p>9:00 Meditation/Inspiration</p> <p>9:30 Fitness w/Kojak </p> <p>10:00 Crochet</p> <p>10:45 Kinesiology Klub </p> <p>1:00 </p> <p>1:15 Tai Chi 3D </p>

<p>20 8:45 90-Day Challenge (Abs) 9:00 Meditation/Inspiration 9:30 Senior Tabata  10:00 Enhance Wholeness Lifestyle 10:30 Pilates  1:00 Enhance Fitness 1:15 Phase 10/Pokeno  2:00 Tai Chi 3D </p>	<p>21 8:45 90-Day Challenge (Abs) 9:00 Meditation/Inspiration 9:30 Chair Fitness 10:00 PRESENTATION - HIV Screening  11:00 Blood Pressure 1:00 PRESENTATION-CreativiTEA, Phillips @ The ARC 1:15 Bokwa  1:30 Sewing  2:00 Yoga 3:00 Hand Dancing </p>	<p>22 8:45 90-Day Challenge (Abs) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:30 Pilates  10:30 Behavioral Health Education w/Brenda  1:00 Arts & Crafts 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness </p>	<p>23 8:45 90-Day Challenge (Abs) 9:00 Meditation/Inspiration 10:00 Mobile Market 10:00 Stick Around/Line Dancing 10:00 PRESENTATION-Southeast Dental Care 12:30 Smart Technology 1:00 PRESENTATION-Stewart Financial Services 1:00 Metro Area CHESS, M.A.C. 1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release & Relax: Meditation</p>	<p>24 8:30 Enhance Fitness 8:45 90-Day Challenge (Abs) 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak  10:00 Crochet 1:00 Birthday Party  1:15 Tai Chi 3D </p>
<p>27 8:45 90-Day Challenge (Abs) 9:00 Meditation/Inspiration 9:30 Senior Tabata Boot Camp 9:30 PRESENTATION - SIP & PAINT with RAIN 10:00 Enhance Wholeness Lifestyle 10:30 Pilates 1:00 Enhance Fitness 1:15 Phase 10/Pokeno 2:00 Tai Chi 3D </p>	<p>28 8:45 90-Day Challenge (Abs) 9:00 Meditation/Inspiration 9:30 Chair Fitness 10:00 TRIP-Movie @ Cap Blvd 10:45 Chat w/Nat- See Food Differently 11:00 Blood Pressure  1:30 Sewing 2:00 Yoga 2:30 Club Memory  3:00 Hand Dancing</p>	<p>29 8:45 90-Day Challenge (Abs) 9:00 Meditation/Inspiration 9:30 Ole Skool Dancing 10:30 Pilates  10:30 Behavioral Health Education w/Brenda 1:00 Arts & Crafts 1:00 Spiritual Studies 1:45 Tai Chi 3D 2:30 Enhance Fitness</p>	<p>30 8:45 90-Day Challenge (Abs) 9:00 Meditation/Inspiration 10:00 Mobile Market 10:00 Stick Around/Line Dancing 12:30 Smart Technology 1:00 Metro Area CHESS 1:30 Phase 10/Pokeno 1:30 Chair Yoga 2:30 Breathe, Release & Relax: Meditation 2:30 Chat w/Nat - Cooking Demo </p>	<p>31 8:30 Enhance Fitness 8:45 90-Day Challenge (Abs) 9:00 Meditation/Inspiration 9:30 Fitness w/Kojak  10:00 Crochet 1:00  1:15 Tai Chi 3D </p>

TRIPS

- Chat w/Nat-Shopping for Health-Harris Teeter (7th)
- Walmart, Georgia Ave. (14th)
- Great American Buffet, VA (15th)
- Movie-Cap Blvd (28th)



PRESENTATIONS

- Better Breathers Club (3rd)
- Office of the Inspector General (14th)
- HIV-Healthy Relationships (16th)
- HIV Screening (21st)
- CreativiTEA, Phillips @ The ARC (21st)
- Southeast Dental Care (23rd)
- Stewart Financial Services (23rd)
- SIP & PAINT with RAIN (27th)