

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Van shopping trips to Stop and Shop on Tuesdays. Walmart trips by request						1
2	3 9:30 Chair Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:00 Tech tips with Destiny 3:00 Tai Chi	4 8:00 Walking 9:00 Painting 12:30 Lunch 1:00 Tick Talk 2:00 Scrabble 4:00 Weight Training	5 9:00 Foot Care 9:30 Chair Yoga 10:00 Cribbage 11:00 Exercise Dementia Care Partners Group at Milne 1:00 Bridge	6 9:30 Tai Chi 10:00 Reiki 11:00 Exercise 1:30 Diabetes 4:30 Fall Prevention	7 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo	8 
9	10 9:30 Chair Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:00 Tech tips with Destiny 3:00 Tai Chi	11 8:00 Walking 9:00 Painting 2:00 Scrabble 4:00 Weight Training	12 9:30 Chair Yoga 10:00 Cribbage 11:00 Exercise 12:30 Super Bingo 1:00 Bridge	13 9:30 Tai Chi 10:00 Reiki 11:00 Exercise 2:00 Hip Hop Chair Dance 4:30 Fall Prevention	14 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo 1:45 Blood Pressure	15 1:00 Saturday Art Group
16	17 9:00 Haircuts 9:30 Chair Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:00 Tech tips w/Destiny 3:00 Tai Chi	18 8:00 Walking 1:00 Karyn's Tea Party 4:00 Weight Training	19 9:30 Chair Yoga 10:00 Cribbage 11:00 Exercise 1:00 Bridge	20 10:00 Reiki 11:00 Exercise /Memory Cafe @ Sweetwood 11:00 Van Trip to Chilli's in Bennington	21 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo	22
23	24 9:30 Chair Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:00 Tech tips with Destiny	25 8:00 Walking 9:00 Painting 2:00 Scrabble 4:00 Weight Training	26 9:30 Chair Yoga 10:00 Cribbage 11:00 Exercise 1:00 Bridge	27 10:00 Reiki 11:00 Exercise	28 9:00 Coffee 9:30 Yoga 11:00 Exercise 1:00 Bingo BROWN BAG	29
30	31 9:30 Chair Yoga 11:00 Exercise 1:00 Karyn's Exercise Class 2:00 Tech tips with Destiny 3:00 Tai Chi					