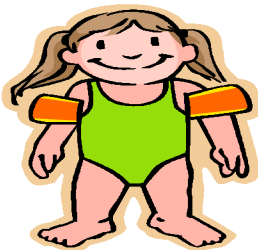












August 1 - 7, 2010

Hemenway Health Club

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August 1	August 2	August 3	August 4	August 5	August 6	August 7
<p>8:30 AM Morning Walk with Neighbors</p> <p>9:00 AM - 7:00 PM Family Swim</p> 	<p>8:30 AM Morning Walk with Neighbors</p> <p>9:00 AM Watercise</p> <p>9:30 AM Stretch and Strengthen</p> <p>10:00 AM Tennis</p> <p>10:15 AM Garden Club</p> 	<p>8:30 AM Morning Walk with Neighbors</p> <p>9:30 AM Stretch and Strengthen</p> <p>10:15 AM Mind and Body Relaxation Class with Joy</p> <p>11:15 AM Fitness Center Assistance with Joy</p> <p>2:00 PM Low Impact Water Aerobics</p> <p>2:30 PM Circuit Training with Joy</p> 	<p>8:30 AM Morning Walk with Evelyn</p> <p>9:00 AM Watercise</p>  <p>9:30 AM Stretch and Strengthen</p> <p>10:00 AM Hot Potato Toss</p>  <p>3:30 PM Afternoon Walk with Neighbors</p> 	<p>8:30 AM Morning Walk with Neighbors</p> <p>9:30 AM Stretch and Strengthen</p> <p>10:15 AM Mind and Body Relaxation Class with Joy</p> <p>11:15 AM Fitness Center Assistance with Joy</p> <p>1:45 PM Balance Training with Joy</p> <p>2:30 PM Circuit Training with Joy</p>  <p>3:30 PM Afternoon Walk with Neighbors</p>	<p>8:30 AM Morning Walk with Nikki</p> <p>9:00 AM Watercise</p>  <p>9:30 AM Stretch and Strengthen</p> <p>10:00 AM Chair Volleyball</p> <p>10:15 AM Garden Club</p> <p>2:00 PM Ladder Toss</p> <p>3:30 PM Afternoon Walk with Neighbors</p> 	<p>8:30 AM Morning Walk with Neighbors</p> <p>9:00 AM - 7:00 PM Family Swim</p>  <p>9:30 AM Stretch and Strengthen</p>  <p><i>Looking for some help after a fall? Contact Anne Harris at the Wellness Center at extension 1142.</i></p>
<p><i>Start your day with Stretch & Strengthen in Assembly Hall</i></p>						