

August 8 - 14, 2010

Hemenway Health Club

SUNDAY August 8	MONDAY August 9	TUESDAY August 10	WEDNESDAY August 11	THURSDAY August 12	FRIDAY August 13	SATURDAY August 14	
<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 Edith</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>3:30 PM Afternoon Walk with Neighbors</p> 	<p>8:30 AM Morning Walk with Nikki</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>3:30 PM Afternoon Walk with Neighbors</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>10:30 AM Blood Pressure Clinic</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>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>Invite the family for Family Swim, available every weekend.</i></p>						<p><i>Need your prescriptions filled? Bouvier Apothecary offers free delivery to residents.</i></p>	