

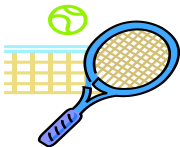








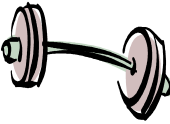





February 12 - 18, 2012

Hemenway Health Club

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
February 12	February 13	February 14	February 15	February 16	February 17	February 18
<p>8:30 AM Morning Walk with Neighbors</p> <p>9:00 AM - 7:00 PM Family Swim</p>  <p>9:30 AM Stretch & Strengthen</p>	<p>8:30 AM Morning Walk with Neighbors</p> <p>9:00 AM Watercise</p>  <p>9:30 AM Stretch & Strengthen</p> <p>10:00 AM Chair Tennis</p>  <p>10:00 AM Blood Pressure Clinic 420 Fitness Center</p>  <p>3:30 PM Afternoon Walk with Neighbors</p> 	<p>8:30 AM Morning Walk with Neighbors</p> <p>9:30 AM Stretch & Strengthen</p>  <p>9:30 AM Balance Class 370 Overlook Lounge</p> <p>10:15 AM Mind and Body Relaxation Class with Joy</p> <p>11:15 AM Fitness Center Assistance with Joy</p> <p>1:00 PM Balance Class 420 Theater</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 Neighbors</p> <p>9:00 AM Watercise</p>  <p>9:30 AM Stretch & Strengthen</p> <p>10:00 AM Chair Tennis</p> <p>10:00 AM - 11:00 AM Blood Pressure Clinic Bill Miller Room</p>  <p>3:30 PM Afternoon Walk with Neighbors</p> 	<p>8:30 AM Morning Walk with Neighbors</p> <p>9:30 AM Stretch & 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 Neighbors</p> <p>9:00 AM Watercise</p>  <p>9:30 AM Stretch & Strengthen</p> <p>10:00 AM Chair Tennis</p> <p>10:00 AM - 11:00 AM Blood Pressure Clinic 370 Wellness Library</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 & Strengthen</p> <p>10:00 AM Wii Bowling</p> <p><i>"We do not stop exercising because we grow old, we grow old because we stop exercising." Dr. Kenneth Cooper</i></p>

February is
"Low Vision
Awareness"
Month