






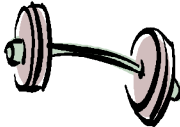





August 15 - 21, 2010

Hemenway Health Club

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August 15	August 16	August 17	August 18	August 19	August 20	August 21
8:30 AM Morning Walk with Neighbors	8:30 AM Morning Walk with Neighbors	8:30 AM Morning Walk with Nikki	8:30 AM Morning Walk with Neighbors	8:30 AM Morning Walk with Neighbors	8:30 AM Morning Walk with Nikki	8:30 AM Morning Walk with Neighbors
9:00 AM - 7:00 PM Family Swim	9:00 AM Watercise	9:30 AM Stretch and Strengthen	9:00 AM Watercise	9:30 AM Stretch and Strengthen	9:00 AM Watercise	9:00 AM - 7:00 PM Family Swim
		10:15 AM Mind and Body Relaxation Class with Joy				
	9:30 AM Stretch and Strengthen		9:30 AM Stretch and Strengthen	10:15 AM Mind and Body Relaxation Class with Joy	9:30 AM Stretch and Strengthen	9:30 AM Stretch and Strengthen
	10:00 AM Chair Volleyball					
		11:15 AM Fitness Center Assistance with Joy	10:00 AM Hot Potato Toss	11:15 AM Fitness Center Assistance with Joy	10:00 AM Tennis Challenge	
		2:00 PM Low Impact Water Aerobics		1:45 PM Balance Training with Joy		
	10:15 AM Garden Club		3:30 PM Afternoon Walk with Neighbors	2:30 PM Circuit Training with Joy	10:15 AM Garden Club	
	3:30 PM Afternoon Walk with Neighbors			3:30 PM Afternoon Walk with Neighbors	3:30 PM Afternoon Walk with Neighbors	
		2:30 PM Circuit Training with Joy		2:30 PM Circuit Training with Joy		
		3:30 PM Afternoon Walk with Neighbors		3:30 PM Afternoon Walk with Neighbors		

Learn more about the machines at the Hemenway Health Club at Fitness Center Assistance with Joy.

Is cleaning the apartment becoming too much? Consider a move to New Horizons. Weekly housekeeping is included in your monthly service fee!