
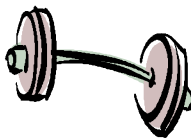
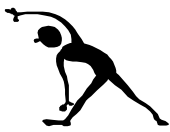

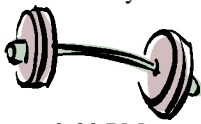





August 22 - 28, 2010

Hemenway Health Club

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August 22	August 23	August 24	August 25	August 26	August 27	August 28
<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>10:15 AM Garden Club</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>2:30 PM Care Solutions presents <i>Your Body ~ A Work in Progress</i></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 Tennis Challenge</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>1:30 PM * Trip to: Ghiloni Park</p> <p><i>Take a break from driving. Sign up for shopping trips on the New Horizons bus service for \$50 a month!</i></p>

*Sign up for
Saturday's trip to
the nature trails of
Ghiloni Park.*

**Indicates advance sign-up required*