

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	2 Exercise 8:30/9:00 am Alzheimer's Support Group (top of hill) 3:00 pm	3 Private 10:00 am Great Courses 1:00 pm	4 Exercise 8:30/9:00 am Outing to Monterey Bay Fish Grotto for those w/reservations Depart @ 3:00 pm	5 Cardio Drumming w/Carol 9:30 am
6 Chair Yoga 6:00 pm (YouTube Videos)	7 Exercise 8:30/9:00 am 	8 Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Private 5:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	9 Exercise 8:30/9:00 am	10 Great Courses 1:00 pm Wine & Dine 4:00 pm	11 Exercise 8:30/9:00 am Book Club 1:00 pm Narcissi Winerv 10:45 am	12 Cardio Drumming w/Carol 9:30 am
13 Private Chair Yoga 6:00 pm (YouTube Videos)	14 Exercise 8:30/9:00 am Savvy Seniors 11:00 am Men's Lunch 12:00 pm Westmoreland Mall 1:00 pm	15 Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Community Management Meeting 2:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	16 Exercise 8:30/9:00 am Drumming w/Cecily 2:30 pm Ladies Social 12:00 pm	17 Three Campus Picnic 12:00 pm Indian Lake Park Mind, Body, Wellness 1:00 pm	18 Exercise 8:30/9:00 am Twin Oaks 3:45 pm	19 No Drumming today
20 No Chair Yoga today	21 Exercise 8:30/9:00 am Private 11:00 am Kohl's/Aldi 1:00 pm	22 No Drumming today Old Fogey Fun 1:00 pm  Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	23 Exercise 8:30/9:00 am	24 Great Courses 1:00 pm	25 Exercise 8:30/9:00 am Donuts 9:30 am Ladies Lunch @ Longhorn Steakhouse 3:30 pm Cracker Barrel 10:45 am	26 No Drumming today
27 No Chair Yoga today	28 Exercise 8:30/9:00 am Parkinson's Support Group 1:30 pm Walmart/Target 1:00 pm	29 Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	30 Exercise 8:30/9:00 am			