October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Fitness For our more delicate clientele			1	2	3	4
5	6	7	8	9	10	11
					A	
12	13	14	15	16	17	18
		VA.		M.		
19	20	2.1	22	23	24	25
			9			P
26	27	28	29		31	1
	The Diff	erence B	etween l	iving an	d Living	Well

November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
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30	31			27	28	
	The Diffe	erence B	etween L	iving an	d Living	Senior Fitness For our more delicate clientele

December



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Creekside Continuing Care Community The Difference detected Living and Living and	9:30 Light & Lively Exercise 10:00 Music & Movement 11:00 Chair Exercise	9:30 Light & Lively Exercise 10:00 Music & Movement 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Balance Class	9:30 Light & Lively Exercise 10:00 Music & Movement 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise Video	9:30 Light & Lively Exercise 11:00 Meet for Indoor Walks
7	8	9	10	11	12	13
9:30 Light & Lively Exercise 2:00 Meet for Indoor Walks-EN	9:30 Light & Lively Exercise 10:00 Music & Movement 11:00 Chair Exercise	9:30 Light & Lively Exercise 10:00 Music & Movement 11:00 Chair Exercise	9:30 Light & Lively Exercise 10:30 Balance Class	9:30 Light & Lively Exercise 10:00 Music & Movement 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise Video	9:30 Light & Lively Exercise 11:00 Meet for Indoor Walks
14	15	16	17	18	19	20
9:30 Light & Lively Exercise 2:00 Meet for Indoor Walks-EN	9:30 Light & Lively Exercise 10:00 Music & Movement 11:00 Chair Exercise	9:30 Light & Lively Exercise 10:00 Music & Movement 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Balance Class	9:30 Light & Lively Exercise 10:00 Music & Movement 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Meet for Indoor Walks
21	22	23	24	25	26	27
9:30 Light & Lively Exercise 2:00 Meet for Indoor Walks-EN	9:30 Light & Lively Exercise 10:00 Music & Movement 11:00 Chair Exercise	9:30 Light & Lively Exercise 10:00 Music & Movement 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Balance Class	9:30 Light & Lively Exercise 10:00 Music & Movement 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Chair Exercise Video	9:30 Light & Lively Exercise 11:00 Meet for Indoor Walks
28	29	30	31			
9:30 Light & Lively Exercise 2:00 Meet for Indoor Walks-EN	9:30 Light & Lively Exercise 10:00 Music & Movement 11:00 Chair Exercise	9:30 Light & Lively Exercise 10:00 Music & Movement 11:00 Chair Exercise	9:30 Light & Lively Exercise 11:00 Balance Class	Subject to Change	All led in the Eagle's Nest on the 2 nd Floor	Senior Fitness For our more delicate clientele

January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
Senior Fitness For our more delicate clientele						
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2.5	26	27	28	29	30	31
	The Diff	erence B	etween L	iving an	d Living	Well

February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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15	16	17	18	19	20	21
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29	30	31	28			
	The Diffe	erence B	etween L	iving an	d Living	Senior Fitness For our more delicate clientele

March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
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22	23	24	25	26	27	28
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29	30	31				
	The Diff	erence B	etween L	iving an	d Living	Senior Fitness For our more delicate clientele

April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		All III	1	2.	3	4
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	The Diff	erence B	etween L	iving an	d Living	Senior Fitness For our more delicate clientele





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		VIII	181	UI (D
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	The Diff	erence B	etween L	iving an	d Living	Senior Fitness For our more delicate clientele

June



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/4	1	2	3	4	5	6
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28	29	30	0/			
	The Diff	erence B	etween L	iving an	d Living	Senior Fitness For our more delicate clientele





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Allenda	1	2	3	4
Senior Fitness For our more delicate clientele						
5	6	7	8	9	10	11
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	The Diff	erence B	etween L	iving an	d Living	Well

August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	The Diff	erence B	etween L	iving an	d Living	Senior Fitness For our more delicate clientele

September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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13	14	15	16	17	18	19
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	The Diffe	erence B	etween L	iving an	d Living	Senior Fitness For our more delicate clientele

October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Senior Fitness For our more delicate charitele						
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25	26	27	28	29	30	31
	The Diff	erence B	etween L	iving an	d Living	Well

November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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15	16	17	18	19	20	21
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	The Diffe	erence B	etween L	iving an	d Living	Senior Fitness For our more delicate clientele

December



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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6	7	8	9	10	11		12
13	14	15	16	17	18		19
		M					
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		VIII	181		OU	D	
27	28	29	30	31			
	The Diff	erence B	etween L	iving an	d Living	Senior Fitness For our more delicate clientele	

The Difference Between Living and Living Well