

SUN	MON	TUE	WED	THU	FRI	SAT
		1 10:30 Chair Yoga - Terrace Hall 2:00 Church Service -Aud	2 Tuck Shop Open 9:30-11:00am Coffee Club @ 10am - 2nd Floor Coffee Lounge TVT 10amTri-Shaw bike rides with Lorraine- meet in lobby 10:45 Exercise- Aud	3 10:00 Paint Class- Aud 2:00 Bible Study- Aud	4 10:30 Anglican Eucharist - UMH Chapel 10:00 Ladies Group - Harvest Rm 1:00 Exercise- Aud	5 Tuck Shop Open 9:30-11:00am
6	7	8 10:30 Chair Yoga - Terrace Hall 2:00 Church Service -Aud	9 Tuck Shop Open 9:30-11:00am Coffee Club @ 10am - 2nd Floor Coffee Lounge TVT 10:45 Exercise- Aud 1:30 Health Literacy on the Web - Terrace Hall	10 10:00 Paint Class- Aud 2:00 Bible Study- Aud 6:30 Sing-a-long with Ruth - OVA Aud	11 10:30 OV Men's Spiritual Group - OV Aud 10:00 Ladies Group - Harvest Rm 1:00 Exercise- Aud	12 Tuck Shop Open 9:30-11:00am
13	14 1:30-3:30 Tri-Shaw bike rides with Lorraine- meet in lobby	15 10:30 Chair Yoga - Terrace Hall 2:00 Church Service -Aud	16 Tuck Shop Open 9:30-11:00am Coffee Club @ 10am - 2nd Floor Coffee Lounge TVT NO Exercise today! 12:00 Blue Jays Bus Trip Departure	17 10:00 Paint Class- Aud 2:00 Bible Study- Aud 6:30 Sing-a-long with Ruth - OVA Aud	18 10:00 Ladies Group - Harvest Rm 10:00 Catholic Mass - UMH Chapel 1:00 Exercise - Aud	19 Tuck Shop Open 9:30-11:00am
20	21 1:30-3:30 Tri-Shaw bike rides with Lorraine- meet in lobby	22 10:00 Book Mobile -OVA Lobby 10:30 Chair Yoga - Terrace Hall 2:00 Church Service- Aud	23 Tuck Shop Open 9:30-11:00am Coffee Club @ 10am - 2nd Floor Coffee Lounge TVT 10:45 Exercise- Aud 12:00 CSSN Lunch Out & Musical Entertainment- Terrace Hall	24 10:00 Paint Class- Aud 2:00 Bible Study - Aud 6:30 Sing-a-long with Ruth - OVA Aud	25 10:00 Ladies Group - Harvest Rm 1:00 Exercise - Aud	26 Tuck Shop Open 9:30-11:00am
27	28 1:30-3:30 Tri-Shaw bike rides with Lorraine- meet in lobby	29 10:30 Chair Yoga- Terrace Hall 2:00 Church Service- Aud 6:30 Political Campaign Meet & Greet - Terrace Hall	30 Tuck Shop Open 9:30-11:00am Coffee Club @ 10am - 2nd Floor Coffee Lounge TVT 10:45 Exercise- Aud 2:30 Bingo-OVA Aud			