

| Sun                                                                              | Mon                                                                                                                                                                                          | Tue                                                                                                                           | Wed                                                                                                                                                                    | Thu                                                                                                                                           | Fri                                                                                                                                             | Sat |
|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----|
|  |                                                                                                                                                                                              |                                                                                                                               |                                                                                                                                                                        | Fitness<br><i>Van Trips</i><br>Resident Association<br>Religious<br>Lutheran Manor<br>Holidays/<br>Observances/Other                          |                                                                                                                                                 | 1   |
| 2                                                                                | 3 8:30 Van trip<br><b>Papers DROPOFF</b><br>9:00 Banks/Post<br><b>Office/CVS</b><br>10:00 Fit For Life<br>(98)<br>11:00 Stand up for<br>Strength (98)<br>1:00 Movie:(First<br>Wives Club 98) | 4 10:00 Shopping at<br><b>WEIS</b><br>10:00 Joyful Joints<br>(98)<br>12:00 Tai Chi (98)<br>2:00 Church (98)                   | 5 10:00 Fit For Life(98)<br>11:00 <b>SPEAKER:</b><br>Healthy Sleep<br>12:30 Bible Study(98)<br>12:30 Shopping at<br><b>WALMART</b><br>3:00 Candy/IceCream              | 6 10:00 Joyful Joints<br>(98)<br>12:30 Second<br>Harvest Food Bank<br>(Boxes distributed to<br>residents apts)<br>2:00 Church<br>Spanish (98) | 7 7:00-10:00<br>Lounge Closed for<br>cleaning<br>10:00 Tai Chi (98)<br>11:00 Yoga (98)<br>12:00 Mobile Mkt                                      | 8   |
| 9                                                                                | 10 10:00 Fit For Life<br>(98)<br>11:00 Stand up for<br>Strength<br>(98)<br>1:00 Movie: When<br>Harry Met Sally<br>(98)                                                                       | 11 10:00 Joyful Joints<br>(98)<br>10:00 <b>SPEAKER:</b><br>Always Best Care<br>12:00 Tai Chi (98)<br>2:00 General MTG<br>(98) | 12 10:00 Fit For Life(98)<br>12:30 Bible Study(98)<br>1:00 Shopping at<br><b>GIANT</b><br>2:00 Pastor Clark<br>Movie:TheShack (98)<br>3:00 Candy/IceCream              | 13 10:00 Joyful Joints<br>(98 )<br>2:00 Church (98)                                                                                           | 14 10:00 Tai Chi (98)<br>11:00 Yoga (98)<br>12:00 Mobile Mkt                                                                                    | 15  |
| 16                                                                               | 17 10:00 Shopping at<br><b>TARGET</b><br>10:00 Fit For Life<br>(98)<br>11:00 Stand up for<br>Strength<br>(98)<br>1:00 Movie: The<br>Vaccine War (98)                                         | 18 10:00 Joyful Joints<br>(98)<br>12:00 Tai Chi (98)                                                                          | 19 10:00 Fit For Life(98)<br>11:00 <b>SPEAKER</b><br>Managing<br>inflammation (98)<br>12:30 Bible Study(98)<br>3:00 Candy/IceCream                                     | 20 10:00 Joyful Joints<br>(98)<br>2:00 Church (98)                                                                                            | 21 10:00 Shopping at<br><b>VALLEY FARMS</b><br>10:00 Tai Chi (98)<br>11:00 Yoga (98)<br>12:00 Mobile Mkt<br>1:00 Movie: Mona<br>Lisa Smile (98) | 22  |
| 23                                                                               | 24 10:00 Fit For Life<br>(98)<br>11:00 Stand up for<br>Strength<br>(98)                                                                                                                      | 25 10:00 Joyful Joints<br>(98)<br>12:00 Tai Chi (98)                                                                          | 26 10:00 Fit For Life(98)<br>11:00 How to Fix<br>Your Posture (98)<br>12:30 Bible Study(98)<br>2:00 Pastor Clark<br>Movie: Amazing<br>Grace(98)<br>3:00 Candy/IceCream | 27 10:00 Joyful Joints<br>(98)<br>1:00 Shopping at<br><b>WEGMANS</b><br>2:00 Church (98)                                                      | 28 10:00 Tai Chi (98)<br>11:00 Yoga (98)<br>12:00 Mobile Mkt<br>1:00 Movie:<br>SeaBiscuit 98)                                                   | 29  |
| 30                                                                               | 31 10:00 Shopping at<br><b>WALMART</b><br>10:00 Fit For Life<br>(98)<br>11:00 Stand up for<br>Strength (98)                                                                                  |                                           |                                                                                                                                                                        |                                                                                                                                               |                                                                                                                                                 |     |