

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>AMERICAN HEART MONTH</b> 8:30 Van trip Paper Drop off 9:30 Weekly Update with Kierra (98) 10:00 Fit For Life (98)	<b>2</b> 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 Church (98) 2:00 CLINIC: Blood Pressure Checks 3:00 Surprise EpisodeS: Staff Choice (98)	<b>3</b> 9:30 Shopping at CVS 10:00 Fit For Life(98) 11:00 Specialty Exercise: Basic Balance (98) 12:30 Bible Study(98) 2:00 Pastor Movie #1- Andrea Bocelli 3:00 Candy/IceCream	<b>4</b> 10:00 Joyful Joints(98) 11:00 DVD: The Heart of Perfect Health 12:30 Second Harvest Food Bank 2:00 Church Spanish (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>5</b> 9:00 Great News! (98) 9:30 Shopping at GIANT 10:00 Tai Chi (98) 11:00 Yoga (98) 3:00 Surprise Episodes: Staff Choice (98) 3:00 CLINIC: COVID-19 Vaccine	<b>6</b>
<b>7</b>	<b>8</b> 9:30 Weekly Update with Kierra (98) 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie #1- SELMA (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>9</b> 9:30 Shopping at WEIS 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 General MTG (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>10</b> 9:00 Shopping at WALMART248 10:00 Fit For Life(98) 11:00 Speaker: Heart Care over 50 (98) 12:30 Bible Study(98) 1:00 Shopping at WALMART248 2:00 Pastor Movie #2- Amazing Love 3:00 Candy/IceCream	<b>11</b> 10:00 Joyful Joints(98) 11:00 DVD: High Blood Pressure Solutions (98) 2:00 Church (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>12</b> 10:00 Tai Chi (98) 11:00 Yoga (98) 2:00 Flute Performance (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>13</b>
<b>14</b>	<b>15</b> <b>OFFICE CLOSED</b> 	<b>16</b> 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 SPEAKER: Senior Scams (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>17</b> 9:00 Shopping at VALLEY FARMS 10:00 Fit For Life(98) 11:00 Specialty Exercise: Meditation for High Blood Pressure (98) 12:30 Bible Study(98) 1:00 Shopping at VALLEY FARMS 2:00 Pastor Movie #3- In his Steps 3:00 Candy/IceCream	<b>18</b> 10:00 Joyful Joints(98) 11:00 Cooking DVD: Prevent and Reverse Heart Disease (98) 2:00 Church (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>19</b> 9:00 Great News! (98) 9:30 Shopping at GIANT 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie #2- Hidden Figures (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>20</b>
<b>21</b>	<b>22</b> 9:30 Weekly Update with Kierra (98) 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie:#3 Sylvie's love (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>23</b> <u>APT Inspections</u> 9:30 Shopping at WEIS 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>24</b> <u>APT Inspections</u> 9:00 Sonshine Ministry DVD(98) 9:00 Shopping at WEGMANS 10:00 Fit For Life(98) 12:30 Bible Study(98) 1:00 Shopping at WEGMANS 2:00 Pastor Movie #4- Jesus 3:00 Candy/IceCream	<b>25</b> <u>APT Inspections</u> 9:00 CLINIC: Millis Eye 10:00 Joyful Joints(98 ) 2:00 Church (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>26</b> <u>APT Inspections</u> 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie #4- 50 First Dates(98) 3:00 Surprise Episodes: Staff Choice (98)	<b>27</b>
<b>28</b>				Fitness Van Trips Lutheran Manor	Resident Association Holidays/Observances / Other	Religious