


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday														
OPEN GYM 1	OPEN GYM 2 9:30 ♡ Aqua Exercise [BT] 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 1:00 ♡ TAI CHI with Tom \$ [CR] 2:30 ♡ Custom Exercise Workouts [WC]	OPEN GYM 3 9:30 ♡ Blood Pressure Check [TC] 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 2:00 ♡ Custom Exercise Workouts [WC]	OPEN GYM 4 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 1:00 ♡ TAI CHI with Tom \$ [CR] 2:00 ♡ Custom Exercise Workouts [WC]	OPEN GYM 5 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 2:00 ♡ Custom Exercise Workouts [WC]	OPEN GYM 6 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 1:00 ♡ TAI CHI with Tom \$ [CR]	OPEN GYM 7														
Daylight Savings Time Begins OPEN GYM 8	OPEN GYM 9 9:30 ♡ Aqua Exercise [BT] 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 1:00 ♡ TAI CHI with Tom \$ [CR] 2:30 ♡ Custom Exercise Workouts [WC]	OPEN GYM 10 9:30 ♡ Blood Pressure Check [TC] 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 2:00 ♡ Custom Exercise Workouts [WC]	OPEN GYM 11 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 1:00 ♡ TAI CHI with Tom \$ [CR] 2:00 ♡ Custom Exercise Workouts [WC]	OPEN GYM 12 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 2:00 ♡ Custom Exercise Workouts [WC]	OPEN GYM 13 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 1:00 ♡ TAI CHI with Tom \$ [CR]	OPEN GYM 14														
OPEN GYM 15	OPEN GYM 16 9:30 ♡ Aqua Exercise [BT] 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 1:00 ♡ TAI CHI with Tom \$ [CR] 2:30 ♡ Custom Exercise Workouts [WC]	OPEN GYM 17 <i>St. Patrick's Day</i> 9:30 ♡ Blood Pressure Check [TC] 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 2:00 ♡ Custom Exercise Workouts [WC]	OPEN GYM 18 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 1:00 ♡ TAI CHI with Tom \$ [CR] 2:00 ♡ Custom Exercise Workouts [WC]	OPEN GYM 19 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 2:00 ♡ Custom Exercise Workouts [WC]	OPEN GYM 20 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 1:00 ♡ TAI CHI with Tom \$ [CR]	OPEN GYM 21														
OPEN GYM 22	OPEN GYM 23 9:30 ♡ Aqua Exercise [BT] 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 1:00 ♡ TAI CHI with Tom \$ [CR] 2:30 ♡ Custom Exercise Workouts [WC]	OPEN GYM 24 9:30 ♡ Blood Pressure Check [TC] 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 2:00 ♡ Custom Exercise Workouts [WC]	OPEN GYM 25 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 1:00 ♡ TAI CHI with Tom \$ [CR] 2:00 ♡ Custom Exercise Workouts [WC]	OPEN GYM 26 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 2:00 ♡ Custom Exercise Workouts [WC]	OPEN GYM 27 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 1:00 ♡ TAI CHI with Tom \$ [CR]	OPEN GYM 28														
OPEN GYM 29	OPEN GYM 30 9:30 ♡ Aqua Exercise [BT] 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 1:00 ♡ TAI CHI with Tom \$ [CR] 2:30 ♡ Custom Exercise Workouts [WC]	OPEN GYM 31 9:30 ♡ Blood Pressure Check [TC] 10:00 ♡ Stretch & Strength Exercise Class [CR] 10:30 ♡ Strong & Stable Balance Exercises [WC] 11:00 ♡ Stretch & Strength Exercise Class [CR] 2:00 ♡ Custom Exercise Workouts [WC]	 <p>Courtyard at Mount Tabor Independent & Assisted Living Memory Care</p>				<p>Location Keys</p> <table> <tr> <td>Bus Trip</td> <td>BT</td> <td>♡ Be Well</td> </tr> <tr> <td>Community Room</td> <td>CR</td> <td></td> </tr> <tr> <td>Theatre/Chapel</td> <td>TC</td> <td></td> </tr> <tr> <td>Wellness Center</td> <td>WC</td> <td></td> </tr> </table>		Bus Trip	BT	♡ Be Well	Community Room	CR		Theatre/Chapel	TC		Wellness Center	WC	
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