

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 10:00 Dr. Visits/ Errands 10:30 Computer Time 3:00 Game Day	9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 2:30 Bingo 3:30 ForeverFit Chair Yoga	9:30 ForeverFit Exercise 10:00 Coffee 2:30 Bingo Sponsored by Med Care Medical 3:30 ForeverFit Chair Yoga
9:30 Worship Service 10:30 Coffee and Fellowship 2:30 Paper Bingo	9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 1:00 Wii Bowling 2:30 Ceramics 3:00 The Survivors	9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 10:00 Women's Bible Study 10:00 Dr. Visits/ Errands 2:00 Dining Services Meeting 2:30 Bingo 6:00 Bob Brown and Co.	9:00 ForeverFit Community Walk 10:00 Coffee and Trivia 1:00 Current Events w/ David 3:00 Game Day 4:30 Baked Potato Supper	9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 10:00 Dr. Visits/ Errands 10:30 Computer Time 3:00 Game Day	9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 11:00 Nail Glamour 2:00 Welcome Committee Meeting 2:30 Bingo 3:30 ForeverFit Chair Yoga	9:30 ForeverFit Exercise 10:00 Coffee 2:30 Bingo Sponsored by Med Care Medical 3:30 ForeverFit Chair Yoga
9:30 Worship Service 10:30 Coffee and Fellowship 2:30 Paper Bingo	9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 1:00 Wii Bowling 2:30 Ceramics 4:00 Fitness Equipment Training	9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 10:00 Women's Bible Study 10:00 Dr. Visits/ Errands 2:00 Chat with Ginger 2:30 Bingo	9:00 ForeverFit Community Walk 10:00 Coffee and Trivia 11:00 Health Tips with Daneil 1:00 Current Events w/David 2:00 Scenic Drive 3:00 Game Day	9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 10:00 Dr. Visits/ Errands 10:30 Computer Time 3:00 Game Day 6:00 Bob Brown and Co.	9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 11:45 Beyond Faith Birthday Bash 2:30 Bingo 3:30 ForeverFit Chair Yoga	9:30 ForeverFit Exercise 10:00 Coffee 2:30 Bingo Sponsored by Med Care Medical 3:30 ForeverFit Chair Yoga
9:30 Worship Service 10:30 Coffee and Fellowship 1:00 Wii tennis 2:30 Paper Bingo	9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 1:00 Wii Bowling 2:30 Ceramics 3:00 The Survivors	9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 10:00 Women's Bible Study 10:00 Dr. Visits/ Errands 2:00 Cooking with Randal 2:30 Bingo	9:00 ForeverFit Community Walk 10:00 Coffee and Trivia 10:30 Wal-Mart 1:00 Current Events w/David 3:00 Game Day	9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 10:00 Dr. Visits/ Errands 10:30 Computer Time 3:00 Game Day 3:00 LiveWell Mind Aerobics Course	9:00 ForeverFit Walk thru Italy 9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 11:00 Nail Glamour 2:30 Bingo 3:30 ForeverFit Chair Yoga	9:30 ForeverFit Exercise 10:00 Coffee 2:30 Bingo Sponsored by Med Care Medical 3:30 ForeverFit Chair Yoga
9:30 Worship Service 10:30 Coffee and Fellowship 1:00 Wii tennis 2:30 Paper Bingo	9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 1:00 Wii Bowling 1:30 Book Club 2:30 Soda Shop 2:30 Ceramics	9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 10:00 Women's Bible Study 10:00 Dr. Visits/ Errands 2:30 Bingo 6:30 Alzheimer Support Group	9:00 ForeverFit Community Walk 9:30 Strong for Life Exercise 10:00 Coffee and Trivia 1:00 Current Events w/David 2:00 Scenic Drive 3:00 Game Day	9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 10:00 Dr. Visits/ Errands 10:30 Computer Time 3:00 Game Day	9:00 ForeverFit Walk thru Italy 9:00 ForeverFit Community Walk 9:30 ForeverFit Exercise 10:00 Coffee and Trivia 1:30 Bucks Auction 2:00 Buck's Auction 2:30 Bingo 3:30 ForeverFit Chair Yoga	9:30 ForeverFit Exercise 10:00 Coffee 2:30 Bingo Sponsored by Med Care Medical 3:30 ForeverFit Chair Yoga 6:00 Bridge Games