


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10:30 Fitness with Rosemary 12:30 Hot Lunch 1:30 Cranium Crunches	<b>2</b> 10:00 Music with Donna 12:30 Hot Lunch 1:30 Art with Heidi	<b>3</b> 10:30 Fitness with Rosemary 12:30 Hot Lunch 1:30 Music & Memories	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> 10:30 Fitness with Rosemary 12:30 Hot Lunch 1:30 Cranium Crunches <u>2:30 Music with Avril &amp; Ron</u>	<b>9</b> 10:00 Music with Donna 12:30 Hot Lunch 1:30 Art with Heidi	<b>10</b> 10:30 Fitness with Rosemary 12:30 Hot Lunch 1:30 Music & Memories	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> 10:30 Fitness with Rosemary 12:30 Hot Lunch 1:30 Cranium Crunches	<b>16</b> 10:00 Music with Donna 12:30 Hot Lunch 1:30 Art with Heidi	<b>17</b> 10:30 Fitness with Rosemary 12:30 Hot Lunch 1:30 Music & Memories	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> 10:30 Fitness with Rosemary 12:30 Hot Lunch 1:30 Cranium Crunches	<b>23</b> 10:00 Music with Donna 12:30 Hot Lunch 1:30 Art with Heidi	<b>24</b> 10:30 Fitness with Rosemary 12:30 Hot Lunch 1:30 Music & Memories	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> 10:30 Fitness with Rosemary 12:30 Hot Lunch 1:30 Cranium Crunches	<b>30</b> 10:00 Music with Donna 12:30 Hot Lunch 1:30 Art with Heidi 2:30 Ice Cream Time	<b>31</b> 10:30 Fitness with Rosemary 12:30 Hot Lunch 1:30 Music & Memories	