



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10:15am College Park Church Pickup</p> <p>11am First on Fifth Live Stream</p> <p>6pm Vespers—FA</p>	<p>2</p> <p>9am Stretcherize—FA</p> <p>10am Wellness Visits—WS</p> <p>1pm Balance & Stretch—FA</p> <p>2pm Cornhole—FA</p> <p>4pm Meditation</p>	<p>3</p> <p>Massage by appt</p> <p>9:30am *PowerBall—FA</p> <p>10:15am Walking Club at The Quarry—O</p> <p>1:30pm Chair Exercise—FA</p> <p>2pm Mat Yoga</p>	<p>4</p> <p>Massage by appt</p> <p>9-12 IL Clinic—6th floor</p> <p>9am Alt-Stretcherize—FA</p> <p>1pm Balance & Stretch—FA</p> <p>2pm Air Boxing—WS</p>	<p>5</p> <p>Massage by appt</p> <p>9:30am *PowerBall—FA</p> <p>1:30pm Chair Exercise—FA</p> <p>2:00pm *Mat Yoga—WS</p> <p>3pm Wellness Committee</p> <p>6:30pm Elite Canine Dog Visits—WS</p>	<p>6</p> <p>9am Stretcherize—FA</p> <p>1:30pm QiGong/Tai Chi—WS</p> <p>2pm Cornhole—WS</p> <p>Smoothie Bar Opens!</p> <p>Please sign up.</p>	<p>7</p> <p>Pool is Temporarily Closed.</p>
<p>8</p> <p>10:15am College Park Church Pickup</p> <p>11am First on Fifth Live Stream</p> <p>6pm Vespers—FA</p>	<p>9</p> <p>9am Stretcherize—FA</p> <p>10am Wellness Visits—WS</p> <p>1pm Balance & Stretch—FA</p> <p>2pm Cornhole—FA</p> <p>4pm Meditation</p>	<p>10</p> <p>Massage by appt</p> <p>9:30am *PowerBall—FA</p> <p>1:30pm Chair Exercise—FA</p> <p>2:00pm *Mat Yoga—WS</p>	<p>11</p> <p>Massage by appt</p> <p>9-12 IL Clinic—6th floor</p> <p>9am Stretcherize—FA</p> <p>1pm Balance & Stretch—FA</p> <p>2pm Bible Study—WS</p>	<p>12</p> <p>Massage by appt</p> <p>9:30am *PowerBall—FA</p> <p>1:30pm Chair Exercise—FA</p> <p>2:00pm *Mat Yoga—WS</p>	<p>13</p> <p>9am Stretcherize—FA</p> <p>4:30pm QiGong/Tai Chi</p> <p>2pm Cardio Drum w/ Tiffany—FA</p>	<p>14</p>
<p>15</p> <p>10:15am College Park Church Pickup</p> <p>11am First on Fifth Live Stream</p> <p>6pm Vespers—FA</p>	<p>16</p> <p>9am Stretcherize—FA</p> <p>10am Wellness Visits—WS</p> <p>1pm Balance & Stretch—FA</p> <p>2pm Cornhole—FA</p> <p>4pm Meditation</p>	<p>17 Happy St. Patrick's Day</p> <p>Massage by appt</p> <p>9:30am *PowerBall—FA</p> <p>1:30pm Cooking Demo w/ Shane—Dining Room</p> <p>3:30pm Town Hall</p> 	<p>18</p> <p>Massage by appt</p> <p>9-12 IL Clinic—6th floor</p> <p>9am Stretcherize—FA</p> <p>1pm Balance & Stretch—FA</p> <p>2pm Air Boxing—WS</p>	<p>19</p> <p>Massage by appt</p> <p>9:30am *PowerBall—FA</p> <p>10am Woof Walk @ Reynolda—O</p> <p>1:30pm Chair Exercise—FA</p> <p>2:00pm *Mat Yoga—WS</p>	<p>20</p> <p>9am Stretcherize—FA</p> <p>1:30pm QiGong/Tai Chi—WS</p> <p>2pm Cornhole—WS</p>	<p>21</p>
<p>22</p> <p>10:15am College Park Church Pickup</p> <p>11am First on Fifth Live Stream</p> <p>6pm Vespers—FA</p>	<p>23</p> <p>9am Stretcherize—FA</p> <p>10am Wellness Visits—WS</p> <p>1pm Balance & Stretch—FA</p> <p>2pm Cornhole—FA</p> <p>4pm Meditation</p>	<p>24</p> <p>Massage by appt</p> <p>9:30am *PowerBall—FA</p> <p>1:30pm Chair Exercise—FA</p> <p>2:00pm *Mat Yoga—WS</p>	<p>25</p> <p>Massage by appt</p> <p>9-12 IL Clinic—6th floor</p> <p>9am Stretcherize—FA</p> <p>1pm Balance & Stretch—FA</p> <p>2pm Bible Study—FA</p>	<p>26</p> <p>Massage by appt</p> <p>9:30am *PowerBall—FA</p> <p>1:30pm Chair Exercise—FA</p> <p>2:00pm *Mat Yoga—WS</p>	<p>27</p> <p>9am Stretcherize—FA</p> <p>1:30pm QiGong/Tai Chi</p> <p>2pm Cardio Drum w/ Tiffany—FA</p>	<p>28</p>
<p>29</p> <p>10:15am College Park Church Pickup</p> <p>11am First on Fifth Live Stream</p> <p>6pm Vespers—FA</p>	<p>30</p> <p>Dermatology—by appt</p> <p>9am Stretcherize—FA</p> <p>10am Wellness Visits—WS</p> <p>1pm Balance & Stretch—FA</p> <p>2pm Cornhole—FA</p> <p>4pm Meditation</p>	<p>31</p> <p>Massage by appt</p> <p>9:30am *PowerBall—FA</p> <p>1:30pm Chair Exercise—FA</p> <p>2:00pm *Mat Yoga—WS</p>				<p>Class Locator</p> <p>WS = Wellness Studio</p> <p>FA= Feezor Auditorium</p> <p>O = Outing; must sign up</p>