ACTIVE ADULT/SENIOR ACTIVITY CALENDAR

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Mon	Tue				
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OTHERWISE NOTED) Park	k District Hammond-Henry	1 19:30 - 10:30am	2 8:00 - 9:00 am COFFEE & SNACKS CC 9:00 - 10:00 am FITNESS CLASS CC Exercise Class 1:00 - 3:00 pm BINGO CC	3 10:00 - 11:00 am GAMES CC Dice Games (Farkle, LRC) Please bring \$1 in Nickels	4
M/EVENT LOCATIONS Seo Community Center unity Center's Indoor Pool cic Field al Theater	7 8:30 - 9:30 am WATER FITNESS CLASS IP Walk the Water	8 9:30 - 10:30 am SENIOR WALKING CLUB CC 1:00 pm Movie CT The Bucket List 1 small drink & popcorn/person	9 8:00 - 9:00 am COFFEE & SNACKS CC 9:00 - 10:00 am FITNESS CLASS CC Exercise Class 1:00 pm CARDS WITH FRIENDS CC Hand & Foot	10:00 - 11:00 am GAMES CC Trivia/Party Games	11
Seated Mix Chair	WATER FITNESS CLASS IP	9:30 - 10:30 am SENIOR WALKING CLUB CC Noon - 1:00 pm SEMINAR & LUNCHEON* CC Don't Let a Fall Change Your Life	16 8:00 - 9:00 am COFFEE & SNACKS CC 9:00 - 10:00 am FITNESS CLASS CC Exercise Class 1:00 - 3:00 pm BINGO CC	Dice Games (Farkle, LRC)	18
Seated Mix Chair	WATER FITNESS CLASS IP	9:30 - 10:30 am SENIOR WALKING CLUB CC	23 8:00 - 9:00 am COFFEE & SNACKS CC 9:00 - 10:00 am FITNESS CLASS CC Exercise Class 1:00 pm CARDS WITH FRIENDS CC Hand & Foot	24 10:00 - 11:00 am GAMES CC Trivia/Party Games	25
Seated Mix Chair	WATER FITNESS CLASS IP	29 9:30 - 10:30 am SENIOR WALKING CLUB CC	30 8:00 - 9:00 am COFFEE & SNACKS CC 9:00 - 10:00 am FITNESS CLASS CC Exercise Class 1:00 pm CARDS WITH FRIENDS CC Hand & Foot	1 10:00 - 11:00 am GAMES CC Dice Games (Farkle, LRC) Please bring \$1 in Nickels GENESEO	2
	ANKS TO >> ANKS TO >> A/EVENT LOCATIONS Seo Community Center unity Center's Indoor Pool ic Field al Theater 13 10:45 - 11:30 am FITNESS CL Seated Mix Chair 1:00 pm CARDS WITH FRIEND Manipulation 20 10:45 - 11:30 am FITNESS CL Seated Mix Chair 1:00 pm CARDS WITH FRIEND Manipulation 27 10:45 - 11:30 am FITNESS CL Seated Mix Chair 1:00 pm CARDS WITH FRIEND Manipulation	Park District Hammond-Henry Foundation Hospital 7 8:30 - 9:30 am Water Fitness Class IP Walk the Water 13 10:45 - 11:30 am Fitness Class *CC Seated Mix Chair 1:00 pm Cards with Friends CC Manipulation 14 8:30 - 9:30 am Water Fitness Class IP Walk the Water 14 8:30 - 9:30 am Water Fitness Class IP Walk the Water 20 10:45 - 11:30 am Fitness Class *CC Seated Mix Chair 1:00 pm Cards with Friends CC Manipulation 21 8:30 - 9:30 am Water Fitness Class IP Walk the Water 21 8:30 - 9:30 am Water Fitness Class IP Walk the Water 22 8:30 - 9:30 am Water Fitness Class IP Walk the Water 23 10:45 - 11:30 am Fitness Class *CC Seated Mix Chair 1:00 pm Cards with Friends CC Manipulation 28 8:30 - 9:30 am Water Fitness Class IP Walk the Water Water Fitness Class IP Walk the Water	Park District Hammond-Henry Hospital 7 8:30 - 9:30 am Water Fitness Class IP Walk the Water 13 10:45 - 11:30 am Fitness Class *CC Manipulation 14 8:30 - 9:30 am Water Fitness Class IP Walk the Water 15 100 pm Movie CT The Bucket List 1 small drink & popcorn/person 16 17 8:30 - 9:30 am Water Fitness Class IP Walk the Water 17 8:30 - 9:30 am Water Fitness Class IP Walk the Water 18 19:30 - 10:30 am Senior Walking Club CC Noon - 1:00 pm Seminar & Luncheon* CC Don't Let a Fall Change Your Life 20 10:45 - 11:30 am Fitness Class *CC Seated Mix Chair 1:00 pm Cards with Friends CC Manipulation 21 22 23 24 25 26 8:30 - 9:30 am Water Fitness Class IP Walk the Water 25 8:30 - 9:30 am Water Fitness Class IP Walk the Water 26 8:30 - 9:30 am Water Fitness Class IP Walk the Water 27 10:45 - 11:30 am Fitness Class *CC Seated Mix Chair 1:00 pm Cards with Friends CC Manipulation 28 8:30 - 9:30 am Water Fitness Class IP Walk the Water 29 9:30 - 10:30 am Senior Walking Club CC Senior Walking Club CC 8:30 - 9:30 am Water Fitness Class IP Walk the Water 8 8 9:30 - 10:30 am Senior Walking Club CC 8 8:30 - 9:30 am Water Fitness Class IP Walk the Water 8 8 9:30 - 10:30 am Senior Walking Club CC 8 8:30 - 9:30 am Water Fitness Class IP Walk the Water	THES ARE PACE POUNDATION POUNDAT	The property of the property o