

OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:15 am - Volleyball Skylight Dining Room	2 9:15 am - Senior Circuit East - Family Room West - Parkview	3 9:15 am - Posture + Core East - Family Room West - Parkview	4
5	6 9:15 am - Ball Exercises East - Family Room West - Parkview	7 9:15 am - Strengthening East - Family Room West - Parkview	8 9:15 am - Volleyball Skylight Dining Room KIN AWAY	9 9:15 am - Senior Circuit East - Family Room West - Parkview	10 9:15 am - Posture + Core East - Family Room West - Parkview	11
12	13 9:15 am - Ball Exercises East - Family Room West - Parkview	14 9:15 am - Strengthening East - Family Room West - Parkview	15 9:15 am - Volleyball Skylight Dining Room	16 9:15 am - Senior Circuit East - Family Room West - Parkview	17 9:15 am - Posture + Core East - Family Room West - Parkview	18
19	20 9:15 am - Ball Exercises East - Family Room West - Parkview	21 9:15 am - Strengthening East - Family Room West - Parkview	22 9:15 am - Volleyball Skylight Dining Room	23 9:15 am - Senior Circuit East - Family Room West - Parkview	24 9:15 am - Posture + Core West - Parkview	25 9:15 am - Posture + Core East - Family Room
26 9:15 am - Ball Exercises East-Family Room	27 9:15 am - Ball Exercises West - Parkview	28 9:15 am - Strengthening East - Family Room West - Parkview	29 9:15 am - Volleyball Patio Dining Room	30 9:15 am - Senior Circuit East - Family Room West - Parkview	31 9:15 am - Posture + Core East - Family Room West - Parkview	