



# May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Take a brisk walk for 15 min.	2	3	4 DPP Class 5 p.m. to 6 p.m. Cory Wellness Center 6 p.m. to 7 p.m. <i>H2O Aerobics 6:30</i>	<i>5DPP Class</i> <i>12 p.m. to 1 p.m.</i> <i>Water Aerobics</i> <i>B&amp;G Club</i> <i>6:30 to 7:30</i>	6	7 Take the stairs not the elevator.
8 Play outside with a child.	9 <i>Elder Center</i> <i>ELDER ACTIVITIES</i> <i>1 TO 3 PM</i>	10 <b>Relaxing Yoga</b> 4:45 to 5:30 <i>Water Aerobics</i> <i>B&amp;G Club</i> <i>6:30 to 7:30</i>	11 DPP Class 5 p.m. to 6 p.m. Cory Wellness Center 6 p.m. to 7 p.m. <i>H2O Aerobics 6:30</i>	12DPP Class <i>12 p.m. to 1 p.m.</i> <i>Water Aerobics</i> <i>B&amp;G Club</i> <i>6:30 to 7:30</i>	13	14 Be healthy and happy.
15 Shoot some hoops.	16 <i>Elder Center</i> <i>ELDER ACTIVITIES</i> <i>1 TO 3 PM</i>	17 <b>Relaxing Yoga</b> 4:45 to 5:30 <i>Water Aerobics</i> <i>B&amp;G Club</i> <i>6:30 to 7:30</i>	18 DPP Class 5 p.m. to 6 p.m. Cory Wellness Center <i>6 p.m. to 7 p.m.</i> <i>H2O Aerobics 6:30</i>	19DPP Class <i>12 p.m. to 1 p.m.</i> <i>Water Aerobics</i> <i>B&amp;G Club</i> <i>6:30 to 7:30</i>	20	21 Exercise for 20 min.
22 Eat a healthy snack.	23 <i>Elder Center</i> <i>ELDER ACTIVITIES</i> <i>1 TO 3 PM</i>	24 <b>Relaxing Yoga</b> 4:45 to 5:30 <i>Water Aerobics</i> <i>B&amp;G Club</i> <i>6:30 to 7:30</i>	25DPP Class 5 p.m. to 6 p.m. Cory Wellness Center <i>6 p.m. to 7 p.m.</i> <i>H2O Aerobics 6:30</i>	26DPP Class <i>12 p.m. to 1 p.m.</i> <i>Water Aerobics</i> <i>B&amp;G Club</i> <i>6:30 to 7:30</i>	27	28 15 min of meditation.
29 Drink WATER not SODA.	30 <b>NO-WORK MEMORIAL DAY</b>	31 <b>Relaxing Yoga</b> 4:45 to 5:30 <i>Water Aerobics</i> <i>B&amp;G Club</i> <i>6:30 to 7:30</i>			<b>Relaxing Yoga in the Health Ctr Conf Rm.</b> 4:45 to 5:30	<b>H2O AEROBICS</b> <b>B&amp;G CLUB</b> <b>POOL</b> <b>6:30 TO 7:30</b>