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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<p>1</p>  Moving for Health Ladies- 10 -11 a.m. MH  <u>Evening Aqua Fitness</u> 7 -8 p.m.	<p>2</p>  <u>Aqua Fitness</u> 7 -8 a.m.	<p>3</p>  <u>Evening Aqua Fitness</u> 7 -8 p.m.	<p>4</p>  <u>Aqua Fitness</u> 7 -8 a.m. <p>10-11 a.m. Games Morning & Walk Rock Program</p> 	<p>5</p>  Springdale Civic Holiday	 Food Fishery Open
<p>6</p>  Food Fishery Open	<p>7</p>  <u>Aqua Fitness</u> 7 -8 a.m. <p>SHAPE UP Gentle UP for Older Adults V.V. Rec. Centre 1:30-2:30 p.m.</p>	<p>8</p>  Moving for Health Ladies- 10 -11 a.m. MH  Excursion to Grand-Falls- Windsor!! Leaving at 9 a.m. at the Red Leaf Centre. Must be Registered!!	<p>9</p>  <u>Aqua Fitness</u> 7 -8 a.m. <p>care2ride LGB Luncheon Meeting -12 Noon Red Leaf Centre</p>	<p>10</p>  Bus Run Please call 668-2222  <u>Evening Aqua Fitness</u> 7 -8 p.m.  Recycling Day	<p>11</p>  <u>Aqua Fitness</u> 7 -8 a.m. <p>10-11 a.m. Games Morning & Walk Rock Program</p>  Thomas Amusement	<p>12</p>  Food Fishery  Thomas Amusement	
<p>13</p>  Food Fishery  Thomas Amusement	<p>14</p>  <u>Aqua Fitness</u> 7 -8 a.m. <p>No Gentle Shape Up for Older Adults</p>	<p>15</p>  Moving for Health Ladies- 10 -11 a.m. MH  <u>Evening Aqua Fitness</u> 7 -8 p.m.	<p>16</p>  <u>Aqua Fitness</u> 7-8 a.m. <p>Lifestyle Clinic 1:30 – 3 p.m. V.V. Rec. Centre Get your weigh, blood pressure & sugars taken</p> <p>Author Night “A Warm Place” by Marshall Godwin Library 6:30 – 8 p.m. Refreshments will be served!</p>	<p>17</p>  Bus Run Please call 668-2222  <u>Evening Aqua Fitness</u> 7 -8 p.m.	<p>18</p>  <u>Aqua Fitness</u> 7 -8 a.m. <p>10-11 a.m. Games Morning & Walk Rock Program</p> 	<p>19</p>  Food Fishery Open	
<p>20</p>  Food Fishery Open	<p>21</p>  <u>Aqua Fitness</u> 7 -8 a.m. <p>SHAPE UP Gentle UP for Older Adults V.V. Rec. Centre 1:30-2:30 p.m.</p>	<p>22</p>  Moving for Health Ladies- 10 -11 a.m. MH  <u>Evening Aqua Fitness</u> 7 -8 p.m.	<p>23</p>  <u>Aqua Fitness</u> 7 -8 a.m.	<p>24</p>  Bus Run Please call 668-2222  LAST <u>Evening for Aqua Fitness</u> 7 -8 p.m.  Recycling Day	<p>25</p> <p>10-11 a.m. Games Morning & Walk Rock Program</p> 	<p>26</p>  Food Fishery Open	
<p>27</p>  Food Fishery	<p>28</p> <p>SHAPE UP Gentle UP for Older Adults V.V. Rec. Centre 1:30-2:30 p.m.</p>	<p>29</p>  Moving for Health Ladies- 10 -11 a.m. MH  LUFOA Meeting 1:15 p.m. Red Leaf Centre	<p>30</p>	<p>31</p>  Bus Run Please call 668-2222 <p>Movie Night 6:30 p.m. @ Red Leaf Centre Transportation Available!</p>			