





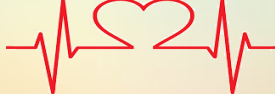



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>MAY 2019</h1>			1 9:00 Relaxation Class-DL 1:00 Wii Golf-TV 1:00 One-on-One w/ Jackie-AR	2 9:00 Relaxation Class-DL 9:30 Heart Healthy Exercise-AR 	3 9:00 Relaxation Class-DL 1:00 Wii Golf-TV 1:30 Funky Fitness-AR 3:00 Balloon Volleyball-AR	4 9:00 Relaxation Class-DL 9:30 Stretch & Balance-TV 1:00 Wii Bowling-TV 3:00 Wii Golf-TV
5 Sunday Fitness Challenge: Sit tall in a chair and take ten deep belly breaths. Count to five on each in-	6 1:30 Stretch & Strengthen-AR 	7 9:00 Relaxation Class-DL 9:30 Heart Healthy Exercise-AR 10:45 Ladder Golf-BP	8 9:00 Relaxation Class-DL 1:00 Wii Golf-TV 1:00 One-on-One w/ Jackie-AR	9 9:00 Relaxation Class-DL 9:30 Heart Healthy Exercise-AR 2:00 Stretch & Strengthen-AR	10 9:00 Relaxation Class-DL 10:30 Sit/Stand Hula-LR 1:00 Wii Golf-TV	11 9:00 Relaxation Class-DL 9:30 Stretch & Balance-TV 1:00 Wii Bowling 3:00 Wii Golf-TV 
12 Sunday Fitness Challenge: Sit tall in a chair, shoulders down your back and core pulled in nice and	13 1:30 Stretch & Strengthen-AR	14 9:00 Relaxation Class-DL 9:30 Heart Healthy Exercise-AR 10:45 Ladder Golf-BP	15 9:00 Relaxation Class-DL 1:00 Wii Golf-TV 1:00 One-on-One w/ Jackie-AR	16 9:00 Relaxation Class-DL 9:30 Heart Healthy Exercise-AR 2:00 Stretch &	17 9:00 Relaxation Class-DL 1:00 Wii Golf-TV 1:30 Funky Fitness-AR 	18 9:00 Relaxation Class-DL 9:30 Stretch & Balance-TV 1:00 Wii Bowling-TV
19 Sunday Fitness Challenge: Walk with a friend or neighbor for 15 minutes.	20 1:30 Stretch & Strengthen-AR	21 9:00 Relaxation Class-DL 9:30 Heart Healthy Exercise-AR 10:45 Ladder Golf-BP	22 9:00 Relaxation Class-DL 1:00 Wii Golf-TV 1:00 One-on-One w/ Jackie-AR 	23 9:00 Relaxation Class-DL 9:30 Heart Healthy Exercise-AR 10:30 Beanbag Baseball-AR	24 9:00 Relaxation Class-DL 10:30 Sit/Stand Hula-LR 1:00 Wii Golf-TV 1:30 Funky Fitness-AR	25 9:00 Relaxation Class-DL 9:30 Stretch & Balance-TV 1:00 Wii Bowling-TV
26 Sunday Fitness Challenge: Stand Facing a wall and do five to ten push-ups against the wall.	27 1:30 Stretch & Strengthen-AR 	28 9:00 Relaxation Class-DL 9:30 Heart Healthy Exercise-AR 10:45 Ladder Golf-BP	29 9:00 Relaxation Class-DL 1:00 Wii Golf-TV 1:00 One-on-One w/ Jackie-AR	30 9:00 Relaxation Class-DL 9:30 Heart Healthy Exercise-AR 2:00 Stretch &	31 9:00 Relaxation Class-DL 1:00 Wii Golf-TV 1:30 Funky Fitness-AR 3:00 Balloon Volleyball	 <p>FOUNTAIN PLAZA <i>"All the Comforts of Home"</i> 1441 Morrow Road Medford, OR 97504 541-772-6005</p>