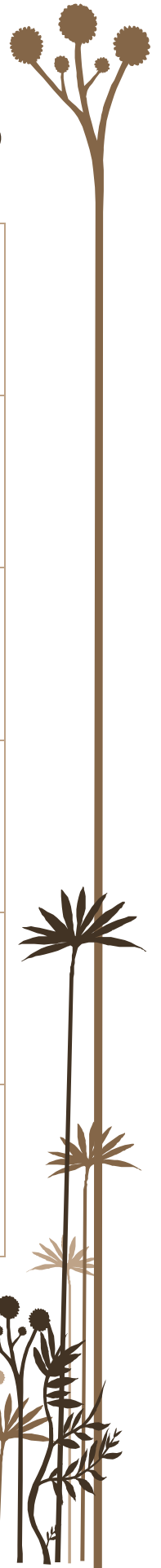


December

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5 9 – 9:45am Senior Fitness	6	7	8	9 11am – 4 pm Christmas in the Valley
10	11	12 9 – 9:45am Senior Fitness	13	14 Noon 3rd Thursday Lunch	15	16
17	18	19 9 – 9:45am Senior Fitness	20	21	22	23
24	25	26 9 – 9:45am Senior Fitness	27	28	29	30
31	1	2	3	4	5	6

Notes:

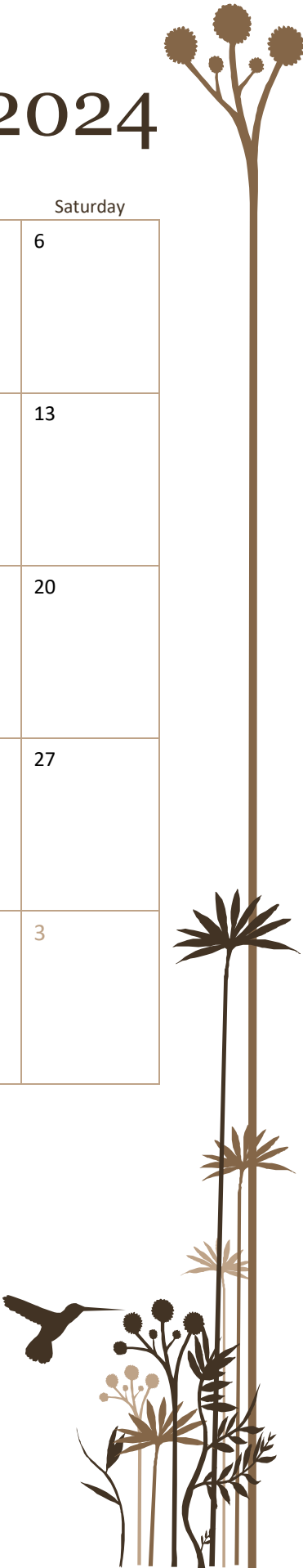


January

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 9 – 9:45am Senior Fitness	3	4	5	6
7	8	9 9 – 9:45am Senior Fitness	10	11	12	13
14	15	16 9 – 9:45am Senior Fitness	17	18	19	20
21	22	23 9 – 9:45am Senior Fitness	24	25	26	27
28	29	30 9 – 9:45am Senior Fitness	31	1	2	3

Notes:

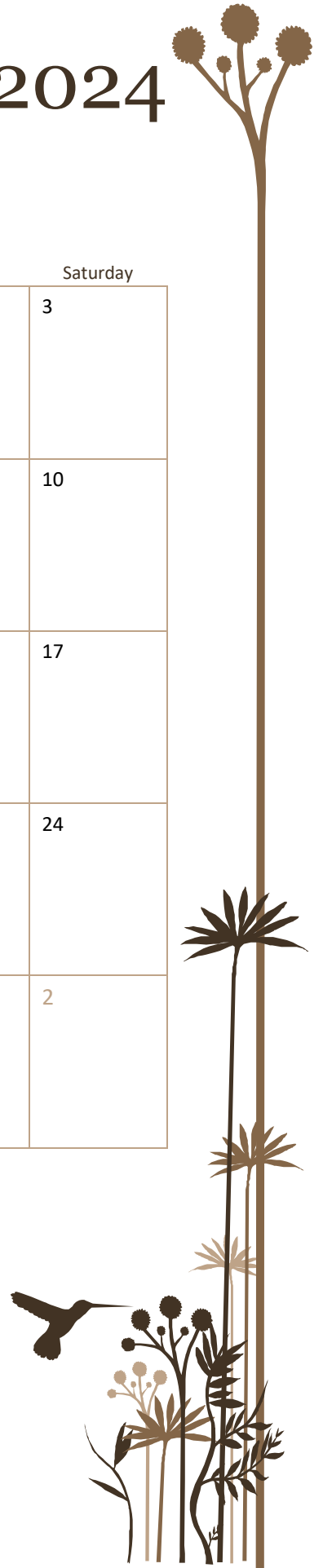
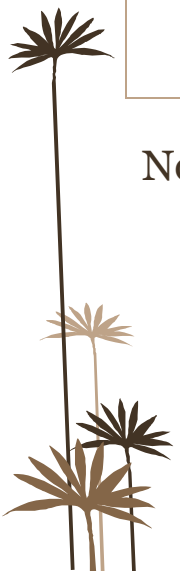


2024

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6 9 – 9:45am Senior Fitness	7	8	9	10
11	12	13 9 – 9:45am Senior Fitness	14	15	16	17
18	19	20 9 – 9:45am Senior Fitness	21	22	23	24
25	26	27 9 – 9:45am Senior Fitness	28	29	1	2

Notes:



March

2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1	2
3	4	5 9 – 9:45am Senior Fitness	6	7	8	9
10	11	12 9 – 9:45am Senior Fitness	13	14	15	16
17	18	19 9 – 9:45am Senior Fitness	20	21	22	23
24	25	26 9 – 9:45am Senior Fitness	27	28	29	30
31	1	2	3	4	5	6

Notes:

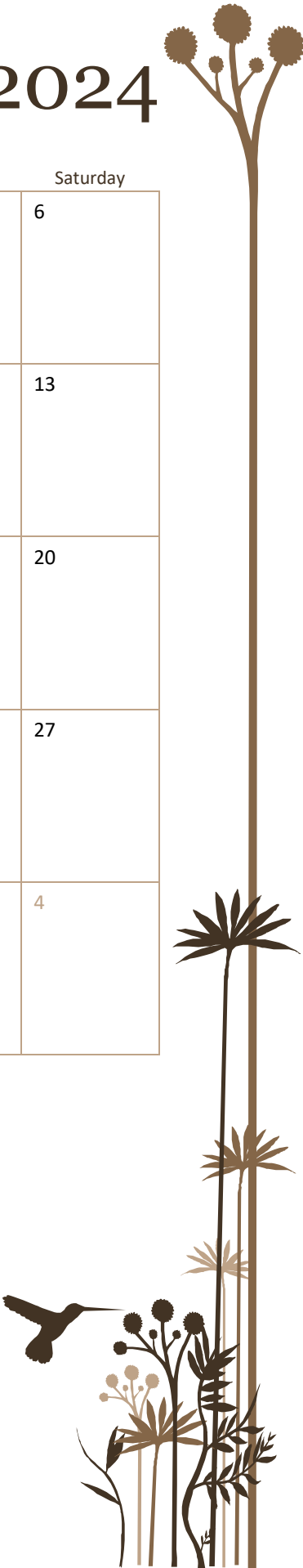
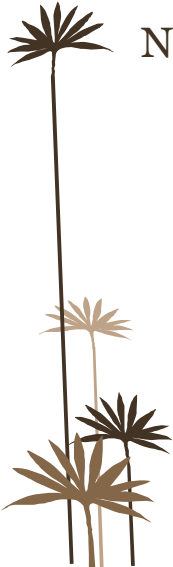


April

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 9 – 9:45am Senior Fitness	3	4	5	6
7	8	9 9 – 9:45am Senior Fitness	10	11	12	13
14	15	16 9 – 9:45am Senior Fitness	17	18	19	20
21	22	23 9 – 9:45am Senior Fitness	24	25	26	27
28	29	30 9 – 9:45am Senior Fitness	1	2	3	4

Notes:

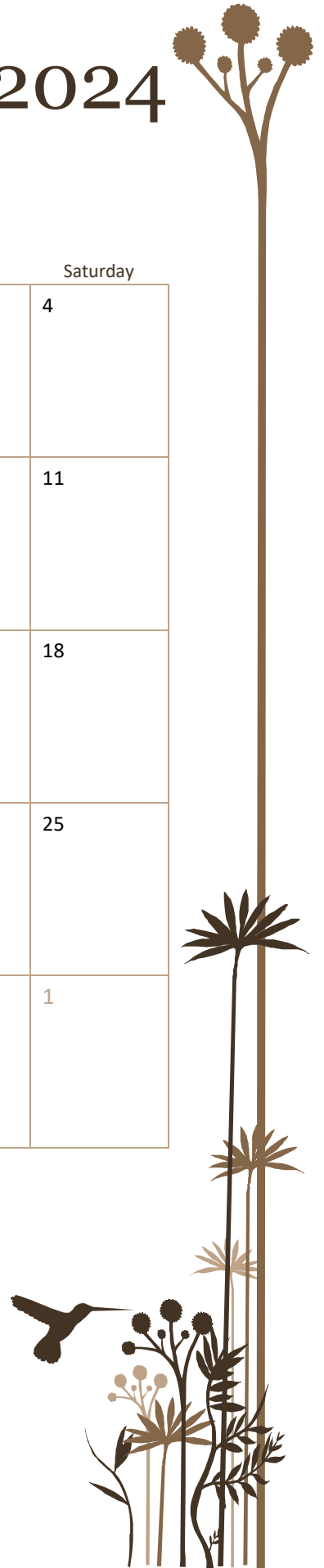
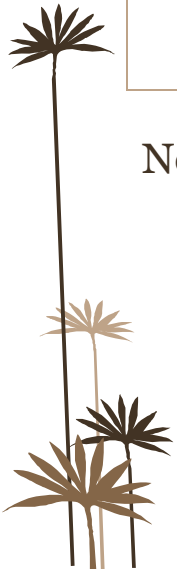


2024

May

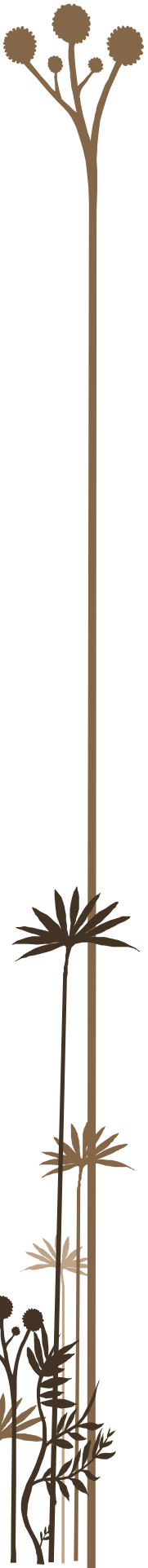
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6	7 9 – 9:45am Senior Fitness	8	9	10	11
12	13	14 9 – 9:45am Senior Fitness	15	16	17	18
19	20	21 9 – 9:45am Senior Fitness	22	23	24	25
26	27	28 9 – 9:45am Senior Fitness	29	30	31	1

Notes:



June

2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4 9 – 9:45am Senior Fitness	5	6	7	8
9	10	11 9 – 9:45am Senior Fitness	12	13	14	15
16	17	18 9 – 9:45am Senior Fitness	19	20	21	22
23	24	25 9 – 9:45am Senior Fitness	26	27	28	29
30	1	2	3	4	5	6

Notes:

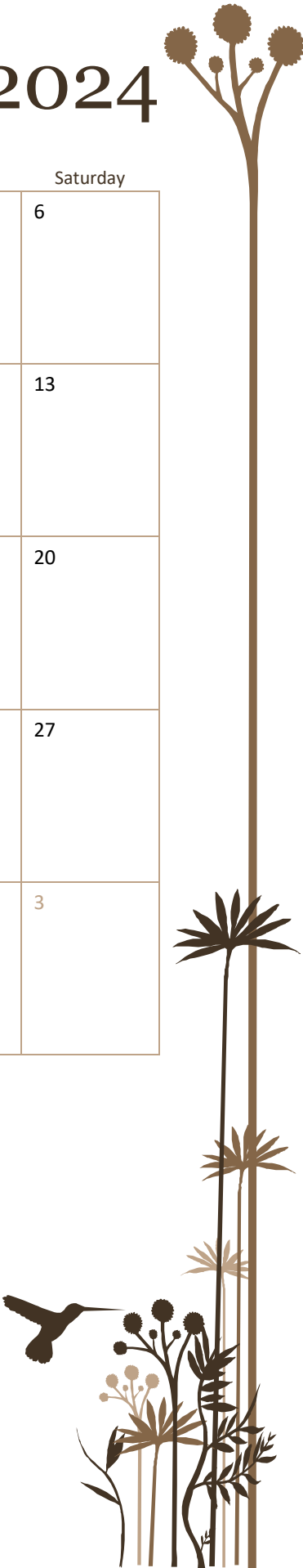


July

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2 9 – 9:45am Senior Fitness	3	4	5	6
7	8	9 9 – 9:45am Senior Fitness	10	11	12	13
14	15	16 9 – 9:45am Senior Fitness	17	18	19	20
21	22	23 9 – 9:45am Senior Fitness	24	25	26	27
28	29	30 9 – 9:45am Senior Fitness	31	1	2	3

Notes:

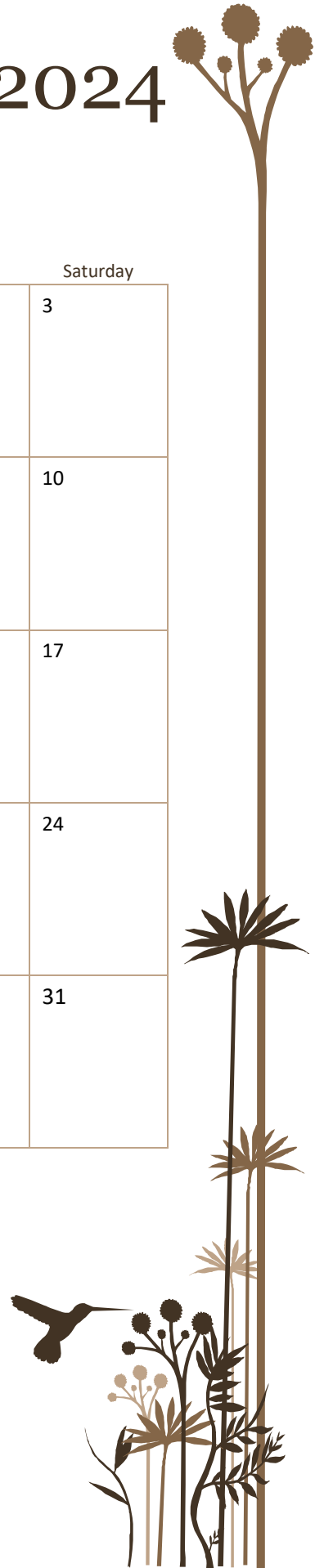
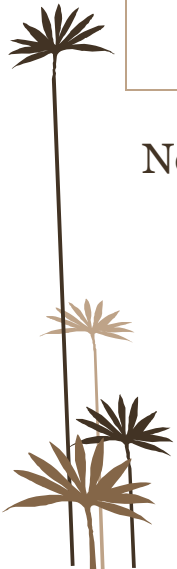


2024

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6 9 – 9:45am Senior Fitness	7	8	9	10
11	12	13 9 – 9:45am Senior Fitness	14	15	16	17
18	19	20 9 – 9:45am Senior Fitness	21	22	23	24
25	26	27 9 – 9:45am Senior Fitness	28	29	30	31

Notes:

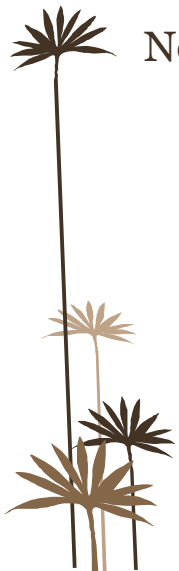


September

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 9 – 9:45am Senior Fitness	4	5	6	7
8	9	10 9 – 9:45am Senior Fitness	11	12	13	14
15	16	17 9 – 9:45am Senior Fitness	18	19	20	21
22	23	24 9 – 9:45am Senior Fitness	25	26	27	28
29	30	1	2	3	4	5

Notes:

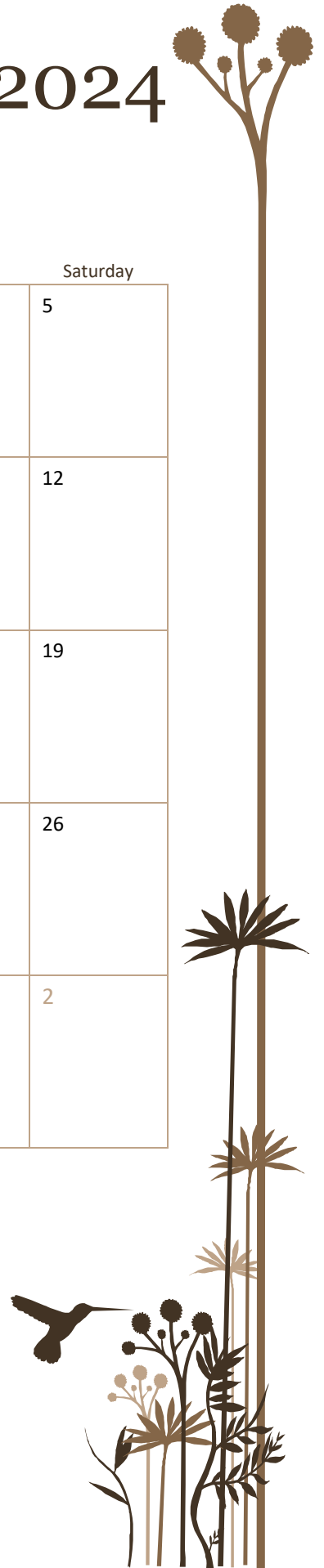
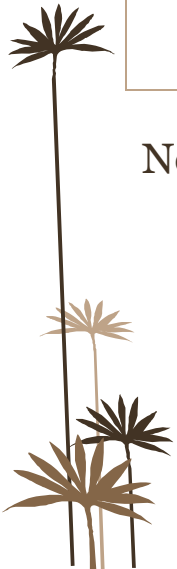


2024

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 9 – 9:45am Senior Fitness	2	3	4	5
6	7	8 9 – 9:45am Senior Fitness	9	10	11	12
13	14	15 9 – 9:45am Senior Fitness	16	17	18	19
20	21	22 9 – 9:45am Senior Fitness	23	24	25	26
27	28	29 9 – 9:45am Senior Fitness	30	31	1	2

Notes:

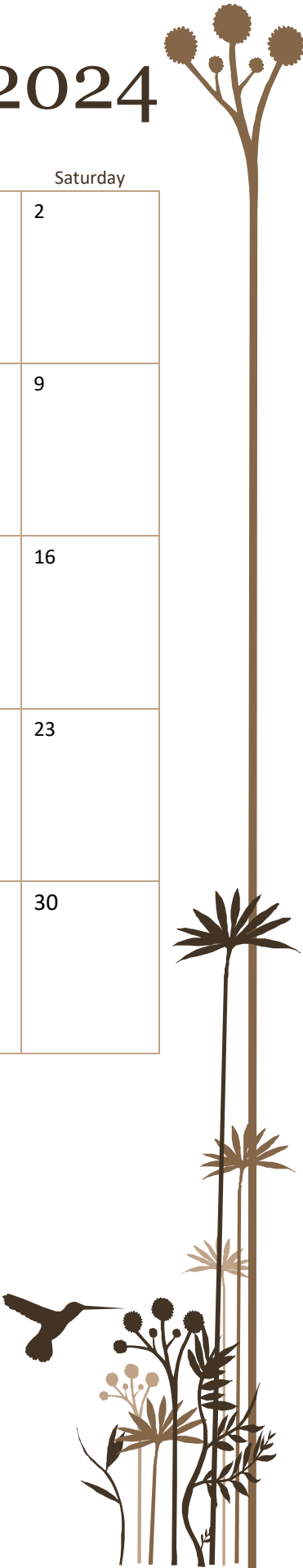
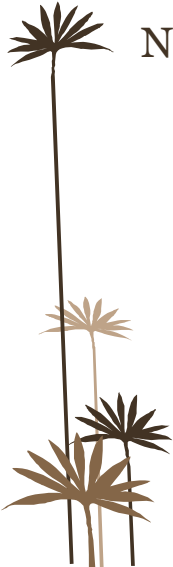


November

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5 9 – 9:45am Senior Fitness	6	7	8	9
10	11	12 9 – 9:45am Senior Fitness	13	14	15	16
17	18	19 9 – 9:45am Senior Fitness	20	21	22	23
24	25	26 9 – 9:45am Senior Fitness	27	28	29	30

Notes:



2024

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 9 – 9:45am Senior Fitness	4	5	6	7
8	9	10 9 – 9:45am Senior Fitness	11	12	13	14
15	16	17 9 – 9:45am Senior Fitness	18	19	20	21
22	23	24 9 – 9:45am Senior Fitness	25	26	27	28
29	30	31 9 – 9:45am Senior Fitness	1	2	3	4

Notes:

