


















NOTICE: Healthy Living classes will held at Energy In Progress Fitness at 403 Market Street & are free to all Caroline County Sr. Citizens. Pre- Registration is required. Class times: Mondays 11 to 12:30 , Tuesdays 10 to 11:30, Wednesdays 9 to 10:30.

AUGUST 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	<p>2 11 Healthy Living Fitness</p> <p>Bank, Post Office & Pharmacy</p>  <p>Friendship Day</p>	<p>3 10 Healthy Living Fitness</p> <p>BP w/Gail</p> <p>Computer Basics</p>	<p>4 9 Healthy Living Fitness</p> <p>Diabetes Program w/Kathy Fitness w/ Teresa</p>  <p>Buffalo Soldiers Picnic</p>	<p>5</p>  <p>Nutrition w/ Connie</p> <p>Painting w/Ann</p>	<p>6</p>  <p>Wiggle Your Toes Day</p>	7	
8	<p>9</p>  <p>Bank, Post Office & Pharmacy</p>	<p>10</p>  <p>Music w/ Ray</p> <p>10 Diabetic Foot Care Speaker</p>	<p>11 Diabetes Program w/Kathy</p> 	<p>12</p>  <p>Nutrition w/ Connie</p> <p>Painting w/Ann</p>	<p>13</p> 	14	
15	<p>16</p>  <p>Bank, Post Office & Pharmacy</p> <p>11 Healthy Living Fitness</p>  <p>Tell A Joke Day</p>	<p>17</p> <p>Music w/ Ray</p> <p>Computer Basics</p> <p>10 Healthy Living Fitness</p> <p>10 Diabetic Preparedness</p>	<p>18 Diabetes Program w/Kathy</p> <p>9 Healthy Living Fitness</p> <p>Fitness w/ Teresa</p> 	<p>19</p>  <p>Nutrition w/ Connie</p> <p>Painting w/Ann</p>  <p>Potato Day</p>	<p>20</p> 	21	
22	<p>23</p> <p>Bank, Post Office & Pharmacy</p> <p>11 Healthy Living Fitness</p>	<p>24</p> <p>10 Healthy Living Fitness</p>  <p>Music w/ Ray</p> <p>Computer Basics</p>	<p>25 9 Healthy Living</p> <p>Diabetes Program w/Kathy</p> <p>Fitness w/ Teresa</p>	<p>26 Nutrition w/ Connie</p>  <p>Painting w/Ann</p>	<p>27</p> 	28	
29	<p>30</p> <p>Bank, Post Office & Pharmacy</p> <p>11 Healthy Living Fitness</p>	<p>31</p> <p>10 Healthy Living Fitness</p> <p>Music w/ Ray</p>  <p>Computer Basics</p>					

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