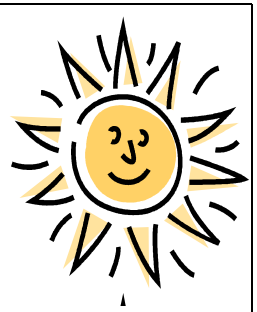
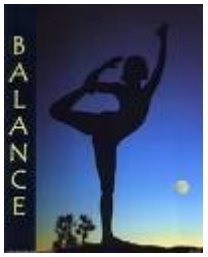
Westminster Towers

Continuing Care Retirement Community

The Wellness Calendar 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 2:00 Arthritis Aquatics (P) 4:00 Muscle Stretch (CR	**2** 9:00 Healthy Heart (CR) 10:30 FLEX (CR) 11:15 Healthy MotionHC 1:30 Circuit Strength (EX) 2:00 Arthritis Aquatics(P)	**3** 11:00 Muscle Stretch (CR) 3:30 Power Stretch (M) 4:00 Muscle Stretch (CR)	**4** 9:00 Healthy Heart (CR) 11:15 Healthy MotionHC 1:30 Circuit Strength (EX) 2:00 Arthritis Aquatics (P)	**5** 8:30 FLEX (CR) 10:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 2:00 Arthritis Aquatics (P) 4:00 Muscle Stretch (CR)	Walking on each floor from one end of the hall to the other end is 450 feet. About 12 one way trips equal a mile. That's some good walking.
	8 10:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 2:00 Arthritis Aquatics (P) 4:00 Muscle Stretch (CR	**9** 9:00 Healthy Heart (CR) 10:30 FLEX (CR) 11:15 Healthy MotionHC 1:30 Circuit Strength (EX) 2:00 Arthritis Aquatics(P)	**10** 10:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 3:30 Power Stretch (M) 4:00 Muscle Stretch (CR)	**11** 9:00 Healthy Heart (CR) 11:15 Healthy MotionHC 1:30 Circuit Strength (EX) 2:00 Arthritis Aquatics (P)	**12** 8:30 FLEX (CR) 10:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 2:00 Arthritis Aquatics (P) 4:00 Muscle Stretch (CR)	
	15 10:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 2:00 Arthritis Aquatics (P) 4:00 Muscle Stretch (CR	**16** 9:00 Healthy Heart (CR) 10:30 FLEX (CR) 11:15 Healthy MotionHC 1:30 Circuit Strength (EX) 2:00 Arthritis Aquatics(P)	**17** 10:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 3:30 Power Stretch (M) 4:00 Muscle Stretch (CR)	**18** 9:00 Healthy Heart (CR) 11:15 Healthy MotionHC 1:30 Circuit Strength (EX) 2:00 Arthritis Aquatics (P)	**19** 8:30 FLEX (CR) 10:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 2:00 Arthritis Aquatics (P) 4:00 Muscle Stretch (CR)	
	22 10:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 2:00 Arthritis Aquatics (P) 4:00 Muscle Stretch (CR	**23** 9:00 Healthy Heart (CR) 10:30 FLEX (CR) 11:15 Healthy MotionHC 1:30 Circuit Strength (EX) 2:00 Arthritis Aquatics(P)	**24** 10:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 3:30 Power Stretch (M) 4:00 Muscle Stretch (CR)	**25** 9:00 Healthy Heart (CR) 11:15 Healthy MotionHC 1:30 Circuit Strength (EX) 2:00 Arthritis Aquatics (P)	**26** 8:30 FLEX (CR) 10:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 2:00 Arthritis Aquatics (P)	
	**29** 10:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 2:00 Arthritis Aquatics (P) 4:00 Muscle Stretch (CR	**30** 9:00 Healthy Heart (CR) 10:30 FLEX (CR) 11:15 Healthy MotionHC 1:30 Circuit Strength (EX) 2:00 Arthritis Aquatics(P)	**31** 10:00 Water Aerobics (P) 11:00 Muscle Stretch (CR) 3:30 Power Stretch (M) 4:00 Muscle Stretch (CR)			

Location Key:

P – Pool
CR – Community Room
EX – Exercise Room
M - Manor
HC – Health Center