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Mon	Tue	Wed	Thu	Fri
I I 0:00 (W) Helping I 0:30 Exercise	2 1:00 Luncheon @ Clubhouse	3 9:15 Church 1:30 Dominoes	4 10:00 Exercise	5
8 10:00 Exercise	9 1:00 Luncheon @ Clubhouse 1:00 Podiatrist	10 1:30 Dominoes	11 10:00 Exercise 2:30 Kroger/Walmart	12
15 10:00 Exercise	16 1:00 Luncheon @ Clubhouse	17 9:15 Church 1:30 Dominoes	18 10:00 Exercise 6:00 Pot luck dinner	19
22 10:00 Exercise	23 1:00 Luncheon @ Clubhouse	24 1:30 Dominoes	25 10:00 Exercise 2:30 Kroger/Walmart	26 10:00Donuts & Coffee
29 10:00 Exercise	30 1:00 Luncheon @ Clubhouse			

Don't forget the gym is open! Make sure you wipe down the equipment when you leave and if you are by yourself let someone know when you arrive and leave. Call a friend or call the office at 478-477-0630. It is okay to leave the equipment plugged in.