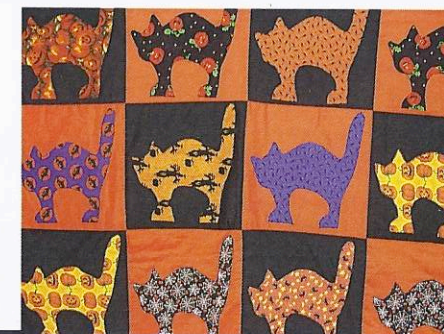




October 2011



Sun

Mon

Tue

Wed

Thu

Fri

Sat

<i>Birthdays: John 9th Martha: 12th Alvin: 15th Peg 31st</i>						1
2	3	4 10:15 Exercise	5 11:00 Flu Shots At clubhouse	6 10:15 Qi Gong With Steve 11:00 Meet with Brenda	7	8 Johnson City Symphony at 7:30
9	10 2:00 Lecture on Appalachian Trail (at Sherwood)	11 10:15 Exercise	12	13 10:15 Qi Gong With Steve 11:00 Meet with Brenda	14 5:00– 7:00 Clubhouse reserved	15 9:00 —5:00 Clubhouse reserved
16 9:00— 3:00 Clubhouse reserved	17	18 10:15 Exercise	19	20 10:15 Qi Gong With Steve 11:00 Meet with Brenda	21 Lunch with Lyn 11:00	22 9:00 —5:00 Clubhouse reserved
23 12:00—9:00 Clubhouse reserved	24 Dining with Jesse 5 PM	25 10:15 Exercise	26	27 10:15 Qi Gong With Steve 11:00 Meet with Brenda	28	29
30 12:00—9:00 Clubhouse reserved	31 1:30 Halloween Par- ty (at Sherwood)					