

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00-Sit-N-Fit-PR 1 <small>Canada Day</small>	10:00-Sit- N- Fit-PR 2 1:30-Light & Lively	10:00-Sit-N-Fit-PR 3	10:00-Sit-N-Fit-PR 4 Happy Independence Day! NO Exercise <small>Independence Day (US)</small>	10:00-Sit- N-Fit-PR 5 2:00- sweet sippers (Ladies only)-TOA	6
7	10:00-Sit-N-Fit-PR 8	No SIT-N-FIT-PR 9 1:30-Chair Exercise	10:00-Sit-N-Fit-PR 10	9:00-Chair Exercise 11 10:00-Sit-N-Fit-PR	10:00-Sit-N-Fit-PR 12	13
14	10:00-Sit-N-Fit-PR 15	10:00-Sit- N- Fit-PR 16 1:30-Light & Lively	10:00-Sit-N-Fit-PR 17	9:00-Light & Lively 18 10:00-Sit-N-Fit-PR	10:00-Sit-N-Fit-PR 19	Fish Derby 20 10AM-1PM Main Campus Pond
21	10:00-Sit-N-Fit-PR 22	10:00-Sit-N-Fit-PR 23 1:30-Chair Exercise	10:00-Sit-N-Fit-PR 24	9:00-Chair Exercise 25 10:00-Sit-N-Fit-PR	10:00-Sit-N-Fit-PR 26 2:00-Men's group (Men ONLY)- TOA	27
28	10:00-Sit-N-Fit-PR 29	10:00-Sit-N-Fit-PR 30 1:30-Light & Lively	10:00-Sit-N-Fit-PR 31	<h1>July 2024</h1> North Shore, West Shore & Lakeview Residents		

TO-Three Oaks, SMS-Sugar Maple Suites, PP-Patio Pines, WL-Willow Lane, CH-Chapel, FR-Fellowship Room, Pool Room-PR, TOA- Three Oak Activity Room *Calendar Subject to Change