

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 August 2025 North Shore, West Shore and Lakeview Residents 					10:00-Sit- N- Fit-PR 1	2
10:00-Apostolic Church-CH/Ch.2 3	10:00-Sit- N- Fit-PR 4	10:00-Sit- N- Fit-PR 5 1:30-Exercise	10:00-Sit- N- Fit-PR 6	9:00- Exercise 7 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-CH	10:00-Sit- N- Fit-PR 8	9
10:00-Apostolic Church-CH/Ch.2 10	10:00-Sit- N- Fit-PR 11	10:00-Sit- N- Fit-PR 12 1:30-Exercise	10:00-Sit- N- Fit-PR 13	9:00- Exercise 14 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-CH	10:00-Sit- N- Fit-PR 15	16
10:00-Apostolic Church-CH/Ch.2 17	10:00-Sit- N- Fit-PR 18	10:00-Sit- N- Fit-PR 19 1:30-Exercise	10:00-Sit- N- Fit-PR 20	9:00- Exercise 21 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-CH	10:00-Sit- N- Fit-PR 22	23
10:00-Apostolic Church-CH/Ch.2 24	10:00-Sit- N- Fit-PR 25	10:00-Sit- N- Fit-PR 26 1:30-Exercise	10:00-Sit- N- Fit-PR 27	9:00- Exercise 28 10:00-Sit- N- Fit-PR 3:00-Apostolic Church-CH	10:00-Sit- N- Fit-PR 29	30
10:00-Apostolic Church-CH/Ch.2 31	Seek First the Kingdom of GOD and his Righteousness And ALL these things will be added to YOU! Matthew 6:33 					