Highlands Wellness Calendar January, 2020

AR 1= Activities Room 1 AR 2= Activities Room 2 AR 3 = Activities Room 3

	AK 5 -Activities Room 5 1 DC-1 RKR Dan					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ja	Hell	o i i i i i i i i i i i i i i i i i i i	1 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Dot FP 2:00 PB Advanced Play PBC	2 7:30 WAMBAM AR 2 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC	3 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR 1 2:00 PB Advanced Play PBC	4 10:00 Open Tennis TC 10:15 H2O Aerobics w/Betty FP 3:00 Shuffleboard Trivia Day
5 1:00 Bocce Ball	6	7	8 #127046046	9	10	11
Feast of the Epiphany - Three Kings Day	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR1 2:00 PB Advanced Play PBC	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 8:30 Yoga w/ Sylvia AR 1 9:15 H2O Aerobics w/Betty FP 10:00 Pickle Pals PBC 2:00 PB Advanced Play PBC	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Dot FP 2:00 PB Advanced Play PBC	7:30 WAMBAM AR 2 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR 1 2:00 PB Advanced Play PBC	10:00 Open Tennis TC 10:15 H2O Aerobics w/Betty FP 3:00 Shuffleboard
12 1:00 Bocce Ball	13	14	15	16	17	18
National Pharmacist Day	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR1 2:00 PB Advanced Play PBC	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 8:30 Yoga w/ Sylvia AR 1 9:15 H2O Aerobics w/Betty FP 10:00 Pickle Pals PBC 2:00 PB Advanced Play PBC	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Dot FP 2:00 PB Advanced Play PBC	7:30 WAMBAM AR 2 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR 1 2:00 PB Advanced Play PBC	10:00 Open Tennis TC 10:15 H2O Aerobics w/Betty FP 3:00 Shuffleboard
19	20	21	22	23	24	25
1:00 Bocce Ball	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR1 2:00 PB Advanced Play PBC	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 8:30 Yoga w/ Sylvia AR 1 9:15 H2O Aerobics w/Betty FP 10:00 Pickle Pals PBC 2:00 PB Advanced Play PBC HAPPY	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Dot FP 2:00 PB Advanced Play PBC	7:30 WAMBAM AR 2 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR 1 2:00 PB Advanced Play PBC	10:00 Open Tennis TC 10:15 H2O Aerobics w/Betty FP 3:00 Shuffleboard
26	27	28	29	30	31	
1:00 Bocce Ball	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR1 2:00 PB Advanced Play PBC	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 8:30 Yoga w/ Sylvia AR 1 9:15 H2O Aerobics w/Betty FP 10:00 Pickle Pals PBC 2:00 PB Advanced Play PBC	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Dot FP 2:00 PB Advanced Play PBC	7:30 WAMBAM AR 2 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC	8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR 1 2:00 PB Advanced Play PBC	Happy New Year 2020

FH = Founder's Hall LB = Library PBC= Pickle Ball

FP = Founder's Hall Pool VP = Villa Pool