












April 2 - 8, 2017

Hemenway Health Club

SUNDAY - 2	MONDAY- 3	TUESDAY- 4	WEDNESDAY- 5	THURSDAY - 6	FRIDAY - 7	SATURDAY- 8
<p>9:00 AM - 7:00 PM Family Swim <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> 	<p>9:00 AM Watercise <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p>  <p>1:30 PM Stretch and Flex 420 Dickinson <i>Theater</i></p>	<p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> <p>10:15 AM Mind and Body Relaxation <i>Assembly Hall</i></p>  <p>11:15 AM Fitness Center Assistance</p> <p>2:30 PM Circuit Training <i>Fitness Center</i></p>	<p>9:00 AM Watercise <i>Pool</i></p>  <p>Free Monthly Blood Pressure Clinics 9:00 AM 370 Robin's Nest 10:05 AM Bill Miller Room 11:15 AM 420 Lobby Office</p> <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> <p>10:00 AM Tai Chi 420 Dickinson <i>Theater</i></p>	<p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p>  <p>10:15 AM Mind and Body Relaxation <i>Assembly Hall</i></p> <p>11:15 AM Fitness Center Assistance</p> <p>1:45 PM Balance Training <i>Assembly Hall</i></p> <p>2:30 PM Circuit Training <i>Fitness Center</i></p>	<p>9:00 AM Watercise <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p>  <p>On-Site Dental Appointments Call On-Site Dental To schedule a Time 1-800-632-0306</p>	<p>9:00 AM - 7:00 PM Family Swim <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> 

Thought for the Day

"Everyone has talent. What's rare is the courage to follow it to the places where it leads.."
~Erica Jong

In addition to the supervised activities above, there are many other opportunities for exercise around the campus.

- Walk the Hex. Five times around equals one mile.
- Head outside for a stroll. The grounds are stunning!
- Swim with a friend in our beautiful heated pool.
- Take advantage of the Fitness Center for great workouts and strength training.

Thought for the Day

"Open your heart. Someone will come. Someone will come for you. But first you must open your heart.."
~Kate DiCamillo



All activities are subject to change

April 9 - 15, 2017

Hemenway Health Club

SUNDAY - 9	MONDAY - 10	TUESDAY - 11	WEDNESDAY - 12	THURSDAY - 13	FRIDAY - 14	SATURDAY - 15
<p>9:00 AM - 7:00 PM Family Swim <i>Pool</i></p> <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> 	<p>9:00 AM Watercise <i>Pool</i> <i>No Madeleine</i></p> <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> 	<p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> <p>10:15 AM Mind and Body Relaxation <i>Assembly Hall</i></p>  <p>11:15 AM Fitness Center Assistance</p> <p>2:30 PM Circuit Training <i>Fitness Center</i></p>	<p>9:00 AM Watercise <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> <p>10:00 AM Tai Chi <i>420 Dickinson Theater</i></p> 	<p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> <p>10:15 AM Mind and Body Relaxation <i>Assembly Hall</i></p> <p>11:15 AM Fitness Center Assistance</p> <p>1:45 PM Balance Training <i>Assembly Hall</i></p> <p>2:30 PM Circuit Training <i>Fitness Center</i></p>	<p>9:00 AM Watercise <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> 	<p>9:00 AM - 7:00 PM Family Swim <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> 

Thought for the Day
"Start writing, no matter what. The water does not flow until the faucet is turned on." ~Louis L'Amour

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- *Head outside for a stroll. The grounds are stunning!*
- *Swim with a friend in our beautiful heated pool.*
- *Take advantage of the Fitness Center for great workouts and strength training.*












Thought for the Day
"I may not have gone where I intended to go, but I think I have ended up where I needed to be." ~Douglas Adams

~Louis L'Amour

April 16 - 22, 2017

Hemenway Health Club

SUNDAY - 16	MONDAY - 17	TUESDAY - 18	WEDNESDAY - 19	THURSDAY - 20	FRIDAY - 21	SATURDAY - 22
<p>9:00 AM - 7:00 PM Family Swim <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> 	<p>9:00 AM Watercise <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p>	<p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> <p>10:15 AM Mind and Body Relaxation <i>Assembly Hall</i></p>  <p>11:15 AM Fitness Center Assistance</p> <p>2:30 PM Circuit Training <i>Fitness Center</i></p>	<p>9:00 AM Watercise <i>Pool</i></p> <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> <p>10:00 AM Tai Chi <i>420 Dickinson Theater</i></p> 	<p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> <p>10:15 AM Mind and Body Relaxation <i>Assembly Hall</i></p> <p>11:15 AM Fitness Center Assistance</p> <p>No Joy this afternoon.</p>	<p>9:00 AM Watercise <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> 	<p>9:00 AM - 7:00 PM Family Swim <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> 

**Thought for
the Day**

*"You never realize how much of your background is sewn into the lining of your clothes."
~Tom Wolfe*

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- *Swim with a friend in our beautiful heated pool.*
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**Thought for
the Day**

*"We live in a world where empathy and pleasure are all around us, there for the noticing."
~Ira Glass*



All activities are subject to change

April 23 - 29, 2017

Hemenway Health Club

SUNDAY - 23	MONDAY - 24	TUESDAY - 25	WEDNESDAY - 26	THURSDAY - 27	FRIDAY - 28	SATURDAY - 29
<p>9:00 AM - 7:00 PM Family Swim Pool</p>  <p>9:30 AM Stretch and Strengthen Assembly Hall</p> 	<p>9:00 AM Watercise Pool</p>  <p>9:30 AM Stretch and Strengthen Assembly Hall</p>  <p>1:30 PM Stretch and Flex 420 Dickinson Theater</p>	<p>9:30 AM Stretch and Strengthen Assembly Hall</p> <p>10:15 AM Mind and Body Relaxation Assembly Hall</p>  <p>11:15 AM Fitness Center Assistance</p> <p>2:30 PM Circuit Training Fitness Center</p>	<p>9:00 AM Watercise - Pool</p>  <p>Free Monthly Blood Pressure Clinics 9:00 AM 370 Robin's Nest 10:00 AM Bill Miller Room 11:00 AM 420 Lobby Office</p> <p>9:30 AM Stretch and Strengthen Assembly Hall</p> <p>10:00 AM Tai Chi 420 Dickinson Theater</p>	<p>9:30 AM Stretch and Strengthen Assembly Hall</p> <p>10:15 AM Mind and Body Relaxation Assembly Hall</p> <p>11:15 AM Fitness Center Assistance</p> <p>1:45 PM Balance Training Assembly Hall</p> <p>2:30 PM Circuit Training Fitness Center</p>	<p>9:00 AM Watercise Pool</p>  <p>9:30 AM Stretch and Strengthen Assembly Hall</p> 	<p>9:00 AM - 7:00 PM Family Swim Pool</p>  <p>9:30 AM Stretch and Strengthen Assembly Hall</p> 

Thought for the Day
"The most certain sign of wisdom is cheerfulness."
 ~Michel de Montaigne

In addition to the supervised activities above, there are many other opportunities for exercise around the campus.













- *Walk the Hex. Five times around equals one mile.*
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Thought for the Day "All your life, you will be faced with a choice. You can choose love or hate...I choose love."
 ~ Johnny Cash



April 30 - May 6, 2017

Hemenway Health Club

SUNDAY - 30	MONDAY- 1	TUESDAY- 2	WEDNESDAY- 3	THURSDAY - 4	FRIDAY - 5	SATURDAY- 6
<p>9:00 AM - 7:00 PM Family Swim <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> 	<p>9:00 AM Watercise <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> 	<p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p>  <p>11:15 AM Fitness Center Assistance</p>  <p>2:30 PM Circuit Training <i>Fitness Center</i></p>	<p>9:00 AM Watercise <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> <p>10:00 AM Tai Chi <i>420 Dickinson Theater</i></p> 	<p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> <p>10:15 AM Mind and Body Relaxation <i>Assembly Hall</i></p> <p>11:15 AM Fitness Center Assistance</p> <p>1:45 PM Balance Training <i>Assembly Hall</i></p> <p>2:30 PM Circuit Training <i>Fitness Center</i></p>	<p>9:00 AM Watercise <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> 	<p>9:00 AM - 7:00 PM Family Swim <i>Pool</i></p>  <p>9:30 AM Stretch and Strengthen <i>Assembly Hall</i></p> 

Thought for the Day

*"Compassion is the basis of morality."
~Arthur*

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Thought for the Day

"Nothing takes the taste out of peanut butter quite like unrequited love."

Schopenhauer

~Charles M.

Schulz



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