

March 5 - 11, 2017

Hemenway Health Club

SUNDAY - 5	MONDAY - 6	TUESDAY - 7	WEDNESDAY - 8	THURSDAY - 9	FRIDAY - 10	SATURDAY - 11
<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 <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>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><i>No Madeleine</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
"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."
 ~Anais Nin

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
"If there's a book that you want to read, but it hasn't been written yet, then you must write it."
 ~Toni Morrison

All activities are subject to change

March 12 - 18, 2017

Hemenway Health Club

SUNDAY - 12	MONDAY - 13	TUESDAY - 14	WEDNESDAY - 15	THURSDAY - 16	FRIDAY - 17	SATURDAY - 18
<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>1:30 PM Stretch and Flex <i>420 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>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
"Discovering the truth about ourselves is a lifetime's work, but it's worth the effort."

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Thought for the Day
"The greatest gift you ever give is your honest self."

All activities are subject to change

March 19 - 25, 2017

Hemenway Health Club

SUNDAY - 19	MONDAY - 20	TUESDAY - 21	WEDNESDAY - 22	THURSDAY - 23	FRIDAY - 24	SATURDAY - 25
<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>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**

"Great opportunities to help other seldom come, but small ones surround us daily."
~Sally Koch

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**Thought for
the Day**










"Whoever retains the natural curiosity of childhood is never bored or dull."



All activities are subject to change

March 26 - April 4, 2017

Hemenway Health Club

SUNDAY - 26	MONDAY - 27	TUESDAY - 28	WEDNESDAY - 1	THURSDAY - 2	FRIDAY - 3	SATURDAY - 4
<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>10:30 AM-11:30 AM Hearing Clinic with Samina Khan <i>Bill Miller Room</i></p>  <p>1:30 PM Stretch and Flex <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>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 10:00 AM Bill Miller Room 11:00 AM 420 Lobby Office</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>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
*"The important thing is not to stop questioning."
 ~Albert Einstein*

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Thought for the Day
*"We must always change, renew, rejuvenate ourselves; otherwise we harden."
 ~ Johann von Goethe*

