














May 7 - 13, 2017

Hemenway Health Club

SUNDAY - 7	MONDAY - 8	TUESDAY - 9	WEDNESDAY - 10	THURSDAY - 11	FRIDAY - 12	SATURDAY - 13
<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 Balloon Tennis <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>10:00 AM Tai Chi <i>420 Dickinson Theater</i></p>	<p>9:30 AM Balloon Tennis <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 Balloon Tennis <i>Assembly Hall</i></p> 

Thought for the Day
Some days you just have to create your own sunshine

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
Spending today complainig about yesterday won't make tomorrow any better.



All activities are subject to change

May 14 - 20, 2017

Hemenway Health Club

SUNDAY - 14	MONDAY - 15	TUESDAY - 16	WEDNESDAY - 17	THURSDAY - 18	FRIDAY - 19	SATURDAY - 20
<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 Theater</i></p> 	<p>9:30 AM Balloon Tennis <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 Balloon Tennis <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 Balloon Tennis <i>Assembly Hall</i></p> 

Thought for the Day
You are **AMAZING,**
And don't forget it!

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- Head outside for a stroll. The grounds are stunning!
- Swim with a friend in our beautiful heated pool.
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Thought for the Day
Never let the things you want make you forget the things you have.

May 21 - 27, 2017

Hemenway Health Club

SUNDAY - 21	MONDAY - 22	TUESDAY - 23	WEDNESDAY - 24	THURSDAY - 25	FRIDAY - 26	SATURDAY - 27
<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 Balloon Tennis <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 Balloon Tennis <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 Balloon Tennis <i>Assembly Hall</i></p> 

Thought for the Day
"Life is like riding a bicycle, to keep your balance, you must keep moving"
 ~Albert Eistein

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- *Swim with a friend in our beautiful heated pool.*
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Thought for the Day
Be careful with your words, they can only be forgiven, not forgotten.



May 28 - June 3, 2017

Hemenway Health Club

SUNDAY - 28	MONDAY - 29	TUESDAY - 30	WEDNESDAY - 31	THURSDAY - 1	FRIDAY - 2	SATURDAY - 3
<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 Balloon Tennis <i>Assembly Hall</i></p>  <p>Joy will be here for Circuit Training</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 Balloon Tennis <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 Balloon Tennis <i>Assembly Hall</i></p> 

Thought for the Day
"Don't let yesterday mess up today, which will ruin tomorrow"
 ~Dr. Tony Evans

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Thought for the Day *Not every day is good, but there is something good in everyday.*



All activities are subject to change