

MON	TUE	WED	THU	FRI
<p>Birthdays</p> <p>Peggie G. 6-8</p>	<p>1</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise</p>	<p>2</p> <p>Staff delivers EHDM</p> <p>Weekly Wellness Calls to all Participants</p>	<p>3</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>4 11:00 Site Council 11:15 Virtual Bingo</p> <p>Weekly Email sent to all Participants</p>
<p>7</p> <p>11:00 Morning Chat and Knitting Class Trivia Fun</p>	<p>8</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise</p>	<p>9</p> <p>Staff delivers EHDM</p> <p>Weekly Wellness Calls to all Participants</p>	<p>10</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>11 11:00 Bird Watching 11:15 Virtual Bingo</p> <p>Weekly Email sent to all Participants</p>
<p>14</p> <p>11:00 Morning Chat and Open Hand Nutrition Class w/ Michelle</p>	<p>15</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>16</p> <p>Staff delivers EHDM</p> <p>Weekly Wellness Calls to all Participants</p>	<p>17</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>18</p> <p>11:15 Virtual Bingo</p> <p>Weekly Email sent to all Participants</p>
<p>21</p> <p>11:00 Morning Chat and Inspirations and Trivia</p>	<p>22</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>23</p> <p>Staff delivers EHDM</p> <p>Weekly Wellness Calls to all Participants</p>	<p>24</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>25 11:00 Health Presentation</p> <p>11:15 Virtual Bingo Weekly Email sent to all Participants</p>
<p>28 11:00 Morning Chat and Join us as we "travel" to the Smoky Mountains</p>	<p>29</p> <p>11:00 LETS LAUGH! The Benefits of Laughter</p> <p>11:15 Virtual Chair Exercise w/ Karen</p>	<p>30</p> <p>Staff delivers EHDM</p> <p>Weekly Wellness Calls to all Participants</p>	<p>Join the fun and "visit" with the group by calling in and joining the conference call Dial 701-802-5385 Access code 3221238</p>	