







December 2009 New Heart Programs

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<p>Make an appointment To visit our new Learning Center</p>	<p>1 Tai Chi 6:30 - 7:30 a.m. Restorative Yoga w/gentle strengthening 10:30 a.m.</p>	<p>2</p>  <p>Class 10:30 a.m. Stress Skills group 12:15-1:15 p.m.</p>	<p>3 Tai Chi 9:00 a.m. Restorative Yoga w/gentle strengthening 10:30 a.m.</p>	4	5
6	<p>7</p>  <p>Class 10:30 a.m. Tai Chi 6:15 p.m.</p>	<p>8 Tai Chi 6:30 - 7:30 a.m. Restorative Yoga w/gentle strengthening 10:30 a.m.</p>	<p>9</p>  <p>Class 10:30 a.m. Stress Skills group 12:15-1:15 p.m.</p>	<p>10 Tai Chi 9:00 a.m. Restorative Yoga w/gentle strengthening 10:30 a.m.</p>	11	12
13	<p>14</p>  <p>Class 10:30 a.m. Tai Chi 6:15 p.m.</p>	<p>15 Tai Chi 6:30 - 7:30 a.m. Restorative Yoga w/gentle strengthening 10:30 a.m.</p>	<p>16</p>  <p>Class 10:30 a.m. Stress Skills group 12:15-1:15 p.m.</p>	<p>17 Tai Chi 9:00 a.m. Restorative Yoga w/gentle strengthening 10:30 a.m.</p>	<p>18</p>  <p>December Birthdays Celebration 10:30 to 11:30am</p>	19
20	<p>21</p>  <p>Class 10:30 a.m. Tai Chi 6:15 p.m.</p>	<p>22 Tai Chi 6:30 - 7:30 a.m. Restorative Yoga w/gentle strengthening 10:30 a.m.</p>	<p>23</p>  <p>Class 10:30 a.m. Stress Skills group 12:15-1:15 p.m.</p>	<p>24</p> <p>We will be closed today.</p>	<p>25 Merry Christmas</p>  <p>We will be closed today.</p>	26
27	<p>28</p>  <p>Class 10:30 a.m. Tai Chi 6:15 p.m.</p>	<p>29 Tai Chi 6:30 - 7:30 a.m. Restorative Yoga w/gentle strengthening 10:30 a.m.</p>	<p>30</p>  <p>Class 10:30 a.m. Stress Skills group 12:15-1:15 p.m.</p>	<p>31 Tai Chi 9:00 a.m. Restorative Yoga w/gentle strengthening 10:30 a.m.</p>		