



ACTIVITY CALENDAR

JANUARY 2019

SERENE ROSE

Timing	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<ul style="list-style-type: none"> ● 4:30 pm to 5:30 pm Active Exercise + Stretching ● 4:30 pm to 5:30 pm Active Exercise + Balance & Coordination ● 4:30 pm to 5:30 pm Active Exercise + Vertigo Exercise ● 4:30 pm to 5:30 pm Active Exercise + Swiss Ball Exercise ● 4:30 pm to 5:30 pm Active Exercise + Teach Each One Session ● 6:00 pm to 7:00 pm Sanskrit Class Sri Shyamala Dandakam ● 4:30 pm to 7:00 pm Movie Screening 			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	31		



Birthdays

DATE	NAME	UNIT
3rd	NARAYANA MOORTHY	A 210
19th	MEENA SUBRAMANIAN	C 102
29th	LEELA KRISHNAN	C 307