




# ACTIVITY CALENDAR

## JANUARY 2019

### SERENE URBANA

Timing	Sun	Mon	Tue	Wed	Thu	Fri	Sat
7:00 am to 8:00 am Yoga Class			1	2	3	4	5
07:00 am to 08:00 am Tai Chi Exercise			●●●●●	●●●●●	●●●●●	●●●●●	●●●●●
9:30 am to 10:30 am Doctor Consulting - Med Sugar – Dr.Naresh	6	7	8	9	10	11	12
10:00 am to 12:00 noon Doctor Consulting - Columbia Asia – Dr.Santhy		●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●
10:30 am to 11:30 am Doctor Consulting – Resident Doctor - Dr.Santha	13	14	15	16	17	18	19
11:00 am to 12:00 noon Stretching Class	20	21	22	23	24	25	26
11:00 am to 12:00 Noon Breathing Exercise		●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●
10:00 am to 12:00 noon BP Day	27	28	29	30	31		
4:30 pm to 6:30 pm Movie Screening		●●●●●	●●●●●	●●●●●	●●●●●		

 <b>Birthdays</b>	DATE	NAME	UNIT	DATE	NAME	UNIT
	3rd	BALAKRISHNA	II-701	14th	LILA GOPAL	B2-501
	3rd	S.R.LAKSHMI	IV-203	15th	SUNDARASAN	IV-301
	4th	MAHADEVAN	III A-006	15th	SAGUNTHALA NATH	IV-703
	7th	KRISHNAMURTHI RAMACHANDRA	B2-601	15th	SARASWATHI	IV-706
	7th	SARLA	B2-601	17th	ANURADHA	III A-202
	8th	NARAYANASWAMY	B1-207	17th	RANJINI SAMPATH	III A-401
	8th	DAYANANDA RAO MANAE	III B-402	19th	MINNY PURI	B1-301
	10th	MOHAN RAO	III B-503	20th	UMA MAHESHWARI DEVI	III B-108
	10th	APARNA	III B-507	21st	NIRMALA KRISHNAMURTHY	B2-508
	10th	SHANMUGHAM	III B-005	23rd	RADHA RAMAKRISHNAN	III A-408
	11th	MEENA KAPOOR	IV-209	23rd	RANGARAJAM	IV-501
	12th	JAYANTHI RAJARAM	B1-505	27th	ROSALIE FERANDES	IV-305