

SUN	MON	TUE	WED	THUR	FRI	SAT							
ROOM KEY CC - Community Center H3 - Hampton 3rd Floor Lounge JAR - Jamestown Activity Room P - Pool	WP3 - West Point 3rd Floor Lounge WL - Williamsburg Lounge		9:15 Music & Movement (WP3) 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 BALANCE (H3) 11:30 Music & Movement (JAR) 2:00 PEAKE II (H3)	1	10:00 AQUA EASE (P) 11:30 Music & Movement (WL) 2:00 Billiards Tournament (Billiards Room)	2	9:15 Music & Movement (WP3) 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 CHAIR YOGA (H3) 11:30 Music & Movement (JAR)	3		4			
Daylight Saving Time ends	5	9:15 Music & Movement (WP3) 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 BALANCE (H3) 11:30 Music & Movement (JAR) 2:00 PEAKE II (H3)	6	Election Day 10:00 AQUA EASE (P) 11:30 Music & Movement (WL) 2:00 MAT YOGA (H3)	7	9:15 Music & Movement (WP3) 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 BALANCE (H3) 11:30 Music & Movement (JAR) 2:00 PEAKE II (H3)	8	10:00 AQUA EASE (P) 11:30 Music & Movement (WL) 2:00 Billiards Tournament (Billiards Room)	9	9:15 Music & Movement (WP3) 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 CHAIR YOGA (H3) 11:30 Music & Movement (JAR)	10	Veterans Day	11
	12	9:15 Music & Movement (WP3) 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 BALANCE (H3) 11:30 Music & Movement (JAR) 2:00 PEAKE II (H3)	13	10:00 AQUA EASE (P) 11:30 Music & Movement (WL) 2:00 MAT YOGA (H3)	14	9:15 Music & Movement (WP3) 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 BALANCE (H3) 11:30 Music & Movement (JAR) 2:00 PEAKE II (H3)	15	10:00 AQUA EASE (P) 11:30 Music & Movement (WL) 2:00 Billiards Tournament (Billiards Room)	16	9:15 Music & Movement (WP3) 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 CHAIR YOGA (H3) 11:30 Music & Movement (JAR)	17		18
	19	9:15 Music & Movement (WP3) 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 BALANCE (H3) 11:30 Music & Movement (JAR) 2:00 PEAKE II (H3)	20	10:00 AQUA EASE (P) 11:30 Music & Movement (WL) 2:00 MAT YOGA (H3)	21	9:15 Music & Movement (WP3) 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 BALANCE (H3) 11:30 Music & Movement (JAR) 2:00 PEAKE II (H3)	22	Thanksgiving Day No Classes 11:30 Music & Movement (WL)	23	No Classes 11:30 Music & Movement (JAR)	24		25
	26	9:15 Music & Movement (WP3) 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 BALANCE (H3) 11:30 Music & Movement (JAR) 2:00 PEAKE II (H3)	27	10:00 AQUA EASE (P) 11:30 Music & Movement (WL) 2:00 MAT YOGA (H3)	28	9:15 Music & Movement (WP3) 9:30 AQUA AEROBICS (P) 10:00 PEAKE I (H3) 11:00 BALANCE (H3) 11:30 Music & Movement (JAR) 2:00 PEAKE II (H3)	29	10:00 AQUA EASE (P) 11:30 Music & Movement (WL) 2:00 Billiards Tournament (Billiards Room) 4:00 Holiday Grand Illumination (CC)	30				

November 2017

Wellness Calendar

The Chesapeake Retirement Community/955 Harpersville Road/Newport News, VA 23601

