

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>3</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>4</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>5</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>6</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation
<b>9</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>10</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>11</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>12</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>13</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation
<b>16</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>17</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>18</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>19</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>20</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation
<b>23</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>24</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>25</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>26</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>27</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation
<b>30</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	<b>31</b> 9:30 Chair Exercises 10:00 Bikes and Balance class 10:30education 11:00 Recreation/OT 1:00 Thera Band 1:40 Recreation	 <p><i>January 2023</i> Robert Steen Day Hospital</p>		

Programs subject to change