

MON	TUE	WED	THU	FRI
9am-noon Prevocation: Cooperative Businesses: 11-noon Business Class and Coop Meeting	9:00-9:30 Warm-Up in Gym 9:30-10:30 Fitness Class Yoga, Zumba, cardio weights, aerobics 10:30-11 Health Talk 11-noon Cooking/Social Time	9am-noon Prevocation: Cooperative Businesses	9am-noon Prevocation: 9:30-11:30 Latte Love Coffee Shop Open Touch of Love Gift Shop Open	9am-noon Prevocation 10:30-12:30 Food Pantry
Noon-1 LUNCH	Noon-1 LUNCH	Noon-1 LUNCH	Noon-1 LUNCH	Noon-1 LUNCH
1-4 pm Community Outing	1pm-4pm Prevocation: Cooperative Businesses	1-4 pm Community Outing	1-1:30 Coop Meeting 1:30-2:30 Special Interests 2:30-3:30 Gym Time/Social Time 3:30 Clean-Up	Please check out our First Friday Events