

















JANUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3	4 Exercise Class HRH Sunroom 9 - 10 AM Exercise at R&R next week! 	5	6  Exercise Class 9 - 10 AM HRH Sunroom	7
8  It's National Bubble Bath Day!	9	10 Breakfast Club  9-10 AM RSVP!!	11 National Inventor's Day  This day chosen because it's Edison's Birthday	12	13  Exercise Class 9 - 10 AM HRH Sunroom	14
15  National Hat Day	16  Martin Luther King Jr. Day	17  HRH Cafeteria 2-4 PM Hat Day!	18 Do you know what a Thesaurus eats for breakfast? Synonym rolls! It's Thesaurus Day! Exercise Class 9-10 AM	19 National Popcorn Day 	20 Penguin Awareness Day  Exercise Class 9 - 10 AM HRH Sunroom	21
22	23	24 Lunch Bunch 11:30 AM (!) Brrrr! It's cold! Calls for Comfort food! R & K Restaurant 103 N. Waco St. Hillsboro RSVP	25  Exercise Class 9 - 10 AM HRH Sunroom	26	27 Chocolate Cake Day  Now that's a day to celebrate! Exercise Class	28
29	30  Bubble Wrap Appreciation Day	31				



FEBRUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			 <p>Exercise Class 9 - 10 AM HRH Sunroom</p>	<p>GROUNDHOG DAY</p> 	<p>"The Day the Music Died" 1959 Remembering the music of Buddy Holly, Richie Valens & The Big Bopper 9-10 AM Exercise Class</p>	
		<p>Breakfast Club El Taco Jalisco I-35 West Service Road, Hillsboro 9-10 AM RSVP</p>	 <p>Exercise at R&R Fitness 9:00 AM</p>	 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>1st Quarter - Lunch & Learn With fitness guru Rhett Reddell "If You Don't Use It, You Will Lose It" Central Baptist Church Friday, Feb. 10 - Noon - RSVP Wear RED</p> </div>		
					<p>Exercise Class</p>	
<p>Abraham Lincoln's Birthday</p>			 <p>Exercise Class 9 - 10 AM HRH Sunroom</p>		 <p>Exercise Class 9 - 10 AM HRH Sunroom</p>	<p>Nat'l. Drink Wine Day</p>  <p>"I like cooking with wine; sometimes I even put it in my food!"</p>
		<p>I ♥ Bingo Players</p> <p>2-4 PM HRH Cafeteria Bring a sacked or wrapped prize.</p>	<p>George Washington's Birthday</p>  <p>Exercise Class 9 - 10 AM HRH Sunroom</p>	<p>Snack & Learn With Dr. Narasimhan All about the Blood Pressure! 1:30 - 3:00 PM HRH Conference Room Please RSVP</p>	 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>National Tortilla Chip Day Let's celebrate! Lunch Bunch at Noon, Tres Hermanos, Whitney. Must RSVP!</p> </div>	<p>Exercise Friday at 9 AM</p>
 <p>National Pistachio Day Very nutritious</p>		<p>MARDI GRAS & Fat Tuesday</p>				



MARCH 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
			 1 Exercise Class 9-10 AM HRH Sunroom	2	 3 Exercise Class Friday, 9-10 AM	4					
			National Anthem Day is always March 3, because that is the day in 1931 that President Hoover signed the Congressional Resolution making the <i>Star Spangled Banner</i> the national anthem!								
5	 It is Dentists' Day! (Open wide!)	6	7	Lunch Bunch Noon - 14th! Texas Great Café - RSVP! 	8	AARP Driver Safety Course 8:30-12:30 HRH Conf. room  Exercise at R&R	9	 It's National PANIC DAY! "AARGH!"	10	 Exercise Class 9-10 AM HRH Sunroom	11
12	 SPRING FORWARD ONE HOUR!	13	14	 Because it's 3.14! (and Einstein's BD!)	15	 Beware the Ides of March! Exercise Day!	16	Alzheimer's Association Seminar 10:30 - Noon HRH Conf. rm. RSVP "Behavioral Issues" is the topic	17	 It's a lucky day To Exercise! 9-10 AM in the HRH Sunroom	18
19	Extraterrestrial Abductions Day  Look! Up in the sky! It's a bird, it's a plane, it's.....ET?	20	21	 Bring a wrapped or sacked "prize". 2-4 PM in the HRH Cafeteria	22	23	 Melba Toast Day. Really? Melba Toast has a day?	24	 Exercise Day in the HRH Sunroom 9-10 AM	25	It's Internat'l. Waffle Day! Celebrate on March 28 with the Breakfast Club.
26	Get ready! It's tomorrow! YES! Something on a Stick Day!  Corn dogs? Popsicles? Marshmallows?	27	28	 Breakfast Club Waffles at IHOP 9:00 AM Please RSVP Celebrating Waffle Day a tad late!	29	 Exercise Day in the HRH Sunroom 9-10 AM	30	 Thank You National Doctors' Day March 30	31	 Exercise Day in the HRH Sunroom 9-10 AM	