


STEPPING OUT TO FITNESS

DAILY ACTIVITY LOG

JULY 2022

Document the activity you perform each day along with the length of time/reps. Please return your log by Thursday, August 11 for a chance to win a prize!

Join us for a Strength & Stretches class on 7/12.

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	 12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Name: Phone:					

THANK YOU TO OUR SPONSORS!



Home Care Assistance of Greater Chicago is the premier provider of in-home care for older adults. We specialize in live-in and 24/7 non-medical care for seniors to achieve the highest quality of life at home and in communities or through transitions from rehab and skilled nursing.



The Suburban Team of Mark Allen Realty is a Senior Real Estate Specialist® Agency located in Arlington Heights IL.

Real Estate Made Simple for Transitioning Seniors and their families.



The Wellshire Assisted Living
The Freedom You Want, The Care
You Need

At The Wellshire we encourage Personal Independence and the Freedom to make new Friends and explore new Interests!



Paxem is an A+ Accredited Senior Move Manager and ASEL Accredited (American Society of Estate Liquidators) and award-winning organization. When you want your organizing or moving project to be as simple as possible - Paxem Professionals are only a phone call away.



Tuesday, July 12, 2022 10:30 AM-11:15 AM
Zoomer Boomers Strength & Stretches

Instructed By: Stuart Thilmany

Keep the Beat Wellness

Zoom Meeting ID: 819 2499 0166 Passcode: 552492