

STEPPING OUT TO FITNESS

DAILY ACTIVITY LOG

MAY 2022

Document the activity you perform each day along with the length of time/reps. Please return your log by Thursday, June 9 for a chance to win a prize! Join us for a virtual exercise class on dates with a star!

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.

Join us for a relaxing class!
Wednesday, May 11 9:00 AM- 9:45 AM

Chair Yoga

Presented by Leah Seidel, Golden Oak Personal Training
Zoom Meeting ID: 841 4620 3012 Passcode: 766440

Join us for a fun Garden Exercise Class!
Wednesday, May 18 10:00 AM- 11:00 AM

Stretching & Exercise Techniques for Gardeners

Presented by Suzanne Janusz, Destination Fitness
Zoom Meeting ID: 847 4281 3331 Passcode: 179133

