

January 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Office Closed Happy New Year !!	2
3	4 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	5 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	6 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	7 Office Closed	8 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	9
10	11 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	12 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	13 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	14 Office Closed	15 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	16
17	18 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	19 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	20 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	21 Office Closed	22 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	23
24	25 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	26 Usual Primetime Hours 7:45 - 9:45 Creating Wellness Seminar 7- 9:30 PM Nutrition, Fitness, Life Coach, 100YLS	27 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	28 Office Closed	29 Usual Primetime Hours 10:15-12:45 & 3:15 - 6:15 Screening at RCC Auto Show	30 Screening at RCC Auto Show
31 Screening at RCC Auto Show	Jan 26 - Creating Wellness Seminar -- 100 Year Lifestyle Expert, Nutritionist, Life Coach, Fitness Expert Jan 29, 30, 31 - Screening at RCC Auto Show					

February 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	2 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	3 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	4 Office Closed 100 YLS Talk PNC Bank Park Ridge NJ	5 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	6
7	8 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	9 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	10 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	11 Office Closed	12 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	13
14	15 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	16 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	17 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	18 Office Closed	19 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	20
21	22 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	23 Usual Primetime Hours 7:45 - 9:45 Creating Wellness Seminar 7:00 - 9:30 PM	24 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	25 Office Closed	26 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	27
28	Feb 4 - 100 Year Lifestyle Presentation, PNC Bank in Park Ridge NJ Feb 23 -- Creating Wellness Seminar -- Nutrition — Decrease Cholesterol, Increase Health					

March 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	2 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	3 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	4 Office Closed	5 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	6
7	8 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	9 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	10 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	11 Office Closed	12 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	13 MEF CHALLENGE
14	15 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	16 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	17 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	18 Office Closed	19 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	20
21	22 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	23 Usual Primetime Hours 7:45 - 9:45 Creating Wellness Seminar 7:00 - 9:30 PM	24 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	25 Office Closed	26 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	27
28	29 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	30 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45 Passover	31 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	Mar 23 -- Creating Wellness Seminar -- Endurance Training		

April 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Apr 20 -- Creating Wellness Seminar -- Going Green				1 Office Closed	2 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	3
4 Happy Easter	5 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	6 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	7 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	8 Office Closed	9 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	10
11	12 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	13 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	14 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	15 Office Closed	16 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	17
18	19 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	20 Usual Primetime Hours 7:45 - 9:45 Creating Wellness Seminar 7:00 - 9:30 PM	21 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	22 Office Closed	23 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	24
25	26 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	27 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	28 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	29 Office Closed	30 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	

May 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	4 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	5 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	6 Office Closed	7 Usual Primetime Hrs 10:15 - 12:45; & 3:15 - 6:15 Free Chair Massages for Women & Girls!!	8
9 Happy Mother's Day	10 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	11 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	12 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	13 Office Closed	14 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	15
16	17 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	18 Usual Primetime Hours 7:45 - 9:45 Creating Wellness Seminar 7:00 - 9:30 PM	19 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	20 Office Closed	21 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	22
23	24 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	25 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	26 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	27 Office Closed	28 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	29
30	31 Office Closed Memorial Day	May 18 -- Creating Wellness Seminar -- The Secret -- Girls Night Out				

June 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Extended Primetime Hours 7:45 - 12:45, 3:15 - 6:15	2 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	3 Office Closed	4 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	5
6	7 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	8 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	9 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	10 Office Closed	11 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	12
13	14 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	15 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	16 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	17 Office Closed	18 Usual Primetime Hrs 10:15 -12:45; & 3:15 - 6:15 Free Chair Massages for Men & Boys!!	19
20 Happy Father's Day	21 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	22 Usual Primetime Hours 7:45 - 9:45 Creating Wellness Seminar 7:00 - 9:30 PM	23 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	24 Office Closed	25 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	26
27	28 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	29 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	30 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	Jun 22 -- Creating Wellness Seminar -- Guys Night Out		

July 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Office Closed	2 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	3
4 Happy Independence Day	5 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	6 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	7 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	8 Office Closed	9 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	10
11	12 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	13 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	14 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	15 Office Closed	16 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	17
18	19 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	20 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	21 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	22 Office Closed	23 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	24
25	26 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	27 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	28 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	29 Office Closed	30 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	31

August 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	3 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	4 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	5 Office Closed	6 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	7
8	9 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	10 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	11 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	12 Office Closed	13 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	14
15	16 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	17 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	18 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	19 Office Closed	20 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	21
22	23 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	24 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	25 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	26 Office Closed	27 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	28
29	30 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	31 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45				

September 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	2 Office Closed	3 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	4
5	6 Office Closed Labor Day	7 Extended Primetime Hours 7:45 - 12:45, 3:15 - 6:15	8 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	9 Office Closed Rosh Hashanah	10 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	11
12	13 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	14 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	15 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	16 Office Closed	17 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	18 Yom Kippur
19	20 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	21 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	22 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	23 Office Closed	24 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	25
26	27 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	28 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	29 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	30 Office Closed		

October 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	2
3	4 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	5 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	6 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	7 Office Closed	8 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	9
10	11 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	12 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	13 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	14 Office Closed	15 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	16
17	18 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	19 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	20 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	21 Office Closed	22 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	23
24	25 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	26 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	27 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	28 Office Closed	29 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	30
31						

November 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	2 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	3 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	4 Office Closed	5 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	6
7	8 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	9 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	10 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	11 Office Closed Veteran's Day	12 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	13
14	15 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	16 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	17 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	18 Office Closed	19 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	20
21	22 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	23 Extended Primetime Hours 7:45 - 12:45, 3:15 - 6:15	24 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	25 Office Closed Thanksgiving	26 Office Closed	27
28	29 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	30 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45				

December 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	2 Office Closed Happy Hanukah	3 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	4
5	6 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	7 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	8 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	9 Office Closed	10 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	11
12	13 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	14 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	15 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	16 Office Closed	17 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	18
19	20 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	21 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	22 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	23 Office Closed	24 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	25 Merry Christmas
26 Happy Kwanzaa	27 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	28 Usual Primetime Hours 7:45, 8:15, 8:45, 9:45	29 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	30 Office Closed	31 Usual Primetime Hours 10:15 - 12:45 3:15 - 6:15	