


# Wellness Calendar



## Deupree House — March 2020

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>More-Than- Chair Aerobics</b> 9:30-10:15 (EC) <b>Balance Level II</b> 10:15-10:30 (EC) <b>Gentle Motion</b> 10:45-11:15 (EC) <b>Balance Level I</b> 11:15-11:30 (EC)	3 <b>Water Aerobics</b> 9:30-10:15 AM (P) <b>Water Walking</b> 10:15-10:45 AM (P)	4 <b>More-Than- Chair Aerobics</b> 9:30-10:15 AM (EC) <b>Balance Level II</b> 10:15-10:30 (EC) <b>Tai Chi for Arthritis</b> 10:45-11:30 (EC)	5 <b>Water Aerobics</b> 9:30-10:15 AM (P) <b>Water Walking</b> 10:15-10:45 AM (P)	6 <b>More-Than-Chair Aerobics</b> 9:30-10:15 (EC) <b>Balance Level II</b> 10:15-10:30 (EC) <b>Gentle Motion</b> 10:45-11:15 (EC) <b>Balance Level I</b> 11:15-11:30 (EC)	7 <b>Resident Open swim</b> 9:30 AM- 10:15 (P)
8	9 <b>More-Than- Chair Aerobics</b> 9:30-10:15 (EC) <b>Balance Level II</b> 10:15-10:30 (EC) <b>Gentle Motion</b> 10:45-11:15 (EC) <b>Balance Level I</b> 11:15-11:30 (EC)	10 <b>Water Aerobics</b> 9:30-10:15 AM (P) <b>Water Walking</b> 10:15-10:45 AM (P)	11 <b>More-Than- Chair Aerobics</b> 9:30-10:15 AM (EC) <b>Balance Level II</b> 10:15-10:30 (EC) <b>Tai Chi for Arthritis</b> 10:45-11:30 (EC)	12 <b>Water Aerobics</b> 9:30-10:15 AM (P) <b>Water Walking</b> 10:15-10:45 AM (P)	13 <b>More-Than-Chair Aerobics</b> 9:30-10:15 (EC) <b>Balance Level II</b> 10:15-10:30 (EC) <b>Gentle Motion</b> 10:45-11:15 (EC) <b>Balance Level I</b> 11:15-11:30 (EC)	14 <b>Resident Open swim</b> 9:30 AM- 10:15 (P)
15	16 <b>More-Than- Chair Aerobics</b> 9:30-10:15 (EC) <b>Balance Level II</b> 10:15-10:30 (EC) <b>Gentle Motion</b> 10:45-11:15 (EC) <b>Balance Level I</b> 11:15-11:30 (EC)	17 <b>Water Aerobics</b> 9:30-10:15 AM (P) <b>Water Walking</b> 10:15-10:45 AM (P)   Happy St. Patrick's Day!	18 <b>More-Than- Chair Aerobics</b> 9:30-10:15 AM (EC) <b>Balance Level II</b> 10:15-10:30 (EC) <b>Tai Chi for Arthritis</b> 10:45-11:30 (EC)	19 <b>Water Aerobics</b> 9:30-10:15 AM (P) <b>Water Walking</b> 10:15-10:45 AM (P)	20 <b>More-Than-Chair Aerobics</b> 9:30-10:15 (EC) <b>Balance Level II</b> 10:15-10:30 (EC) <b>Gentle Motion</b> 10:45-11:15 (EC) <b>Balance Level I</b> 11:15-11:30 (EC)	21 <b>Resident Open swim</b> 9:30 AM- 10:15 (P)
22	23 <b>More-Than- Chair Aerobics</b> 9:30-10:15 (EC) <b>Balance Level II</b> 10:15-10:30 (EC) <b>Gentle Motion</b> 10:45-11:15 (EC) <b>Balance Level I</b> 11:15-11:30 (EC)	24 <b>Water Aerobics</b> 9:30-10:15 AM (P) <b>Water Walking</b> 10:15-10:45 AM (P)	25 <b>More-Than- Chair Aerobics</b> 9:30-10:15 AM (EC) <b>Balance Level II</b> 10:15-10:30 (EC) <b>Tai Chi for Arthritis</b> 10:45-11:30 (EC)	26 <b>Water Aerobics</b> 9:30-10:15 AM (P) <b>Water Walking</b> 10:15-10:45 AM (P)	27 <b>More-Than-Chair Aerobics</b> 9:30-10:15 (EC) <b>Balance Level II</b> 10:15-10:30 (EC) <b>Gentle Motion</b> 10:45-11:15 (EC) <b>Balance Level I</b> 11:15-11:30 (EC)	28 <b>Resident Open swim</b> 9:30 AM- 10:15 (P)
29	30 <b>More-Than- Chair Aerobics</b> 9:30-10:15 (EC) <b>Balance Level II</b> 10:15-10:30 (EC) <b>Gentle Motion</b> 10:45-11:15 (EC) <b>Balance Level I</b> 11:15-11:30 (EC)	31 <b>Water Aerobics</b> 9:30-10:15 AM (P) <b>Water Walking</b> 10:15-10:45 AM (P)				

