

Wellness Calendar



Deupree House — April 2024

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
	1 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	2 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	3 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	4 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	5 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	6
7	8 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	9 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	10 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	11 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (Chapel)	12 Chair class 9:30-10:15am Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am	13
14	15 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	16 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	17 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	18 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	19 Chair class VIDEO 9:30-10:15am (EC) Balance Class Canceled Chair class VIDEO 10:45-11:30am (EC)	20
21	22 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	23 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	24 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	25 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	26 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	27
28	29 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	30 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)				

