

Wellness Calendar



Marjorie P. Lee — September 2023

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
					1 Aqua Aerobics CANCELED Zoom Chair Class 10:45am	2
3	4 No Classes No Staff on Duty	5 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	6 Tai Chi Flow 10-10:45am (EC) Zoom Chair Class 10:45am	7 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	8 Aqua Aerobics 9:30am-10:15am Zoom Chair Class 10:45am	9
10	11 Zoom Chair Class 10:45am Aqua Aerobics 2:30pm-3:15pm	12 Balance Class 10:15-10:30am (Chapel) Chair Class 10:30-11:15am (Chapel)	13 Tai Chi Flow VIDEO 10-10:45am (EC) Zoom Chair Class 10:45am	14 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	15 Aqua Aerobics 9:30am-10:15am Zoom Chair Class 10:45am	16
17	18 Zoom Chair Class 10:45am Aqua Aerobics 2:30pm-3:15pm	19 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	20 Tai Chi Flow 10-10:45am (EC) Zoom Chair Class 10:45am	21 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	22 Aqua Aerobics 9:30am-10:15am Zoom Chair Class 10:45am	23
24	25 Zoom Chair Class 10:45am Aqua Aerobics 2:30pm-3:15pm	26 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	27 Tai Chi Flow 10-10:45am (EC) Zoom Chair Class 10:45am	28 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	29 Aqua Aerobics 9:30am-10:15am Zoom Chair Class 10:45am	30