

# Wellness Calendar



Marjorie P. Lee — April 2024

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day		
	<b>1</b> <b>Zoom Chair Class</b> 10:45am  <b>Aqua Aerobics</b> 2:30pm-3:15pm	<b>2</b> <b>Balance Class</b> 10:15-10:30am (EC)  <b>Chair Class</b> 10:30-11:15am (EC)	<b>3</b> <b>Tai Chi Flow</b> 10-10:45am (CH)  <b>Zoom Chair Class</b> 10:45am	<b>4</b> <b>Balance Class</b> 10:15-10:30am (EC)  <b>Chair Class</b> 10:30-11:15am (EC)	<b>5</b> <b>Aqua Aerobics</b> 9:30am-10:15am  <b>Zoom Chair Class</b> 10:45am	<b>6</b>		
7	<b>8</b> <b>Zoom Chair Class</b> 10:45am  <b>Aqua Aerobics</b> 2:30pm-3:15pm	<b>9</b> <b>Balance Class</b> 10:15-10:30am (EC)  <b>Chair Class</b> 10:30-11:15am (EC)	<b>10</b> <b>Tai Chi Flow</b> 10-10:45am (CH)  <b>Zoom Chair Class</b> 10:45am	<b>11</b> <b>Balance Class</b> 10:15-10:30am (EC)  <b>Chair Class</b> 10:30-11:15am (EC)	<b>12</b> <b>Aqua Aerobics</b> 9:30am-10:15am  <b>Zoom Chair Class</b> 10:45am	<b>13</b>		
14	<b>15</b> <b>Zoom Chair Class</b> 10:45am  <b>Aqua Aerobics</b> 2:30pm-3:15pm	<b>16</b> <b>Balance Class</b> 10:15-10:30am (EC)  <b>Chair Class</b> 10:30-11:15am (EC)	<b>17</b> <b>Tai Chi Flow</b> 10-10:45am (EC)  <b>Zoom Chair Class</b> 10:45am	<b>18</b> <b>Balance Class</b> 10:15-10:30am (EC)  <b>Chair Class</b> 10:30-11:15am (EC)	<b>19</b> <b>Aqua Aerobics</b> 9:30am-10:15am  <b>Zoom Chair Class</b> Canceled	<b>20</b>		
21	<b>22</b> <b>Zoom Chair Class</b> 10:45am  <b>Aqua Aerobics</b> 2:30pm-3:15pm	<b>23</b> <b>Balance Class</b> 10:15-10:30am (EC)  <b>Chair Class</b> 10:30-11:15am (EC)	<b>24</b> <b>Tai Chi Flow</b> 10-10:45am (EC)  <b>Zoom Chair Class</b> 10:45am	<b>25</b> <b>Balance Class</b> 10:15-10:30am (EC)  <b>Chair Class</b> 10:30-11:15am (EC)	<b>26</b> <b>Aqua Aerobics</b> 9:30am-10:15am  <b>Zoom Chair Class</b> 10:45am	<b>27</b>		
28	<b>29</b> <b>Zoom Chair Class</b> 10:45am  <b>Aqua Aerobics</b> 2:30pm-3:15pm	<b>30</b> <b>Balance Class</b> 10:15-10:30am (EC)  <b>Chair Class</b> 10:30-11:15am (EC)	<p>Don't forget!</p> <p>Residents get a FREE equipment orientation in the Fitness Zone!</p>					