

Wellness Calendar



Marjorie P. Lee — May 2024

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
			1 Tai Chi Flow 10-10:45am (CH) Zoom Chair Class 10:45am	2 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	3 Aqua Aerobics 9:30am-10:15am Zoom Chair Class Canceled	4
5	6 Zoom Chair Class Canceled Aqua Aerobics Canceled	7 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	8 Tai Chi Flow 10-10:45am (CH) Zoom Chair Class 10:45am	9 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	10 Aqua Aerobics 9:30am-10:15am Zoom Chair Class 10:45am	11
12	13 Zoom Chair Class 10:45am Aqua Aerobics 2:30pm-3:15pm	14 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	15 Tai Chi Flow 10-10:45am (EC) Zoom Chair Class 10:45am	16 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	17 Aqua Aerobics 9:30am-10:15am Zoom Chair Class 10:45am	18
19	20 Zoom Chair Class 10:45am Aqua Aerobics 2:30pm-3:15pm	21 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	22 Tai Chi Flow VIDEO 10-10:45am (EC) Zoom Chair Class 10:45am	23 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	24 Aqua Aerobics Canceled Zoom Chair Class 10:45am	25
26	27  No Classes Pools Closed No Staff on Duty	28 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	29 Tai Chi Flow VIDEO 10-10:45am (EC) Zoom Chair Class 10:45am	30 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	31 Aqua Aerobics 9:30am-10:15am Zoom Chair Class Canceled	
						