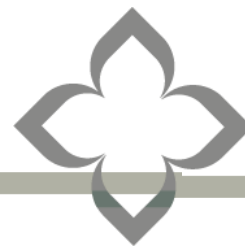



Wellness Calendar



Deupree House — May 2022

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