

# Wellness Calendar



## Deupree House — February 2022

Sun day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	2 <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class</b> 10:45-11:30am (EC) <b>Zoom Chair class</b> 10:45-11:30am	3 <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	4 <b>GO RED DAY!</b> <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class</b> 10:45-11:30am (EC) <b>Zoom Chair class</b> 10:45-11:30am	5
6	7 <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class</b> 10:45-11:30am (EC) <b>Zoom Chair class</b> 10:45-11:30am	8 <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	9 <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class</b> 10:45-11:30am (EC) <b>Zoom Chair class</b> 10:45-11:30am	10 <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	11 <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class</b> 10:45-11:30am (EC) <b>Zoom Chair class</b> 10:45-11:30am	12
13	14 <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class</b> 10:45-11:30am (EC) <b>Zoom Chair class</b> 10:45-11:30am	15 <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	16 <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class</b> 10:45-11:30am (EC) <b>Zoom Chair class</b> 10:45-11:30am	17 <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	18 <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class</b> 10:45-11:30am (EC) <b>Zoom Chair class</b> 10:45-11:30am	19
20	21 <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class</b> 10:45-11:30am (EC) <b>Zoom Chair class</b> 10:45-11:30am	22 <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	23 <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class</b> 10:45-11:30am (EC) <b>Zoom Chair class</b> 10:45-11:30am	24 <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	25 <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class</b> 10:45-11:30am (EC) <b>Zoom Chair class</b> 10:45-11:30am	26
27	28 <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class</b> 10:45-11:30am (EC) <b>Zoom Chair class</b> 10:45-11:30am					

