



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Wellness Center Calendar</b></p> <p><b>Bringing Awareness to Self-Care Importance This Month:</b></p> <ul style="list-style-type: none"> <li>Schedule regular time for exercise. Review your monthly Wellness calendar to daily and choose a class that fits your schedule.</li> <li>Make sleep a priority by establishing a nightly routine and creating a comfortable sleep environment.</li> <li>Practice self-compassion by treating yourself with kindness and understanding.</li> <li>Stay connected with loved ones through phone calls, video chats, or safe in-person visits.</li> </ul>	<p>“Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour.”</p> <p>– John Boswell</p>	<p>♥ Health and Wellness</p>	<p>🐾 Social</p>		<p>9:00 ♥ <b>Open Swim</b> 1</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:00 Total Body Workout</p> <p>1:30 ♥ <b>Lower Focus [WC]</b></p>	<p><b>Groundhog Day</b> 2</p> <p>9:00 ♥ <b>Azalea Aqua Fitness w/ Shameka [WC]</b></p> <p>10:00 ♥ <b>Open Swim [WC]</b></p> <p>11:00 ♥ <b>Chair Yoga [WC]</b></p> <p>1:30 Chair Zumba</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>1:00 ♥ <b>Cardio</b> 3</p> <p>Drumming [WC]</p> <p>3:30 ♥ <b>Open Swim [WC]</b></p> <p>6:00 ♥ <b>Lower Focus [WC]</b></p>
	<p>11:15 Balance &amp; Fall Prevention Training [WC] 4</p> <p>1:00 ♥ <b>Cardio Drumming [WC]</b></p> <p>3:30 ♥ <b>Open Swim [WC]</b></p>	<p>9:00 ♥ <b>Upper Body Focus [WC]</b> 5</p> <p>11:00 ♥ <b>Chair Yoga [WC]</b></p> <p>1:30 Balance &amp; Fall Prevention Training</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:00 ♥ <b>Azalea Aqua Fitness w/ Shameka [WC]</b> 6</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:00 Total Body Workout</p> <p>1:30 Cardio Drumming</p>	<p>9:00 ♥ <b>Upper Body Focus [WC]</b> 7</p> <p>10:00 ♥ <b>Open Swim [WC]</b></p> <p>11:00 ♥ <b>Chair Yoga [WC]</b></p> <p>1:30 Balance &amp; Fall Prevention Training [WC]</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:00 ♥ <b>Open Swim</b> 8</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:00 Total Body Workout</p> <p>1:30 ♥ <b>Lower Focus [WC]</b></p>	<p><b>Italian Day</b> 9</p> <p>9:00 ♥ <b>Azalea Aqua Fitness w/ Shameka [WC]</b></p> <p>10:00 ♥ <b>Open Swim [WC]</b></p> <p>11:00 ♥ <b>Chair Yoga [WC]</b></p> <p>1:30 Chair Zumba</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>11:15 ♥ <b>Cardio</b> 10</p> <p>Drumming [WC]</p> <p>1:00 ♥ <b>Lower Focus [WC]</b></p> <p>3:30 ♥ <b>Open Swim [WC]</b></p>
	<p>12:30 Flea Market [AR] 11</p> <p>2:00 Bingo</p> <p>4:00 Super Bowl Pre-Game Festivities [AR]</p>	<p>9:00 ♥ <b>Upper Body Focus [WC]</b> 12</p> <p>11:00 ♥ <b>Chair Yoga [WC]</b></p> <p>1:30 Balance &amp; Fall Prevention Training</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:00 ♥ <b>Azalea Aqua Fitness w/ Shameka [WC]</b> 13</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:00 Total Body Workout</p> <p>1:30 Cardio Drumming</p>	<p>9:00 ♥ <b>Upper Body Focus [WC]</b> 14</p> <p>10:00 ♥ <b>Open Swim [WC]</b></p> <p>11:00 ♥ <b>Chair Yoga [WC]</b></p> <p>1:30 Balance &amp; Fall Prevention Training</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:00 ♥ <b>Open Swim</b> 15</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:00 Total Body Workout</p> <p>1:30 ♥ <b>Lower Focus [WC]</b></p>	<p>9:00 ♥ <b>Azalea Aqua Fitness w/ Shameka [WC]</b> 16</p> <p>10:00 ♥ <b>Open Swim [WC]</b></p> <p>11:00 ♥ <b>Chair Yoga [WC]</b></p> <p>1:30 Chair Zumba</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>10:00 ♥ <b>Open Swim [WC]</b> 17</p> <p>11:15 ♥ <b>Cardio Drumming [WC]</b></p> <p>1:00 ♥ <b>Lower Focus [WC]</b></p> <p>3:30 <b>Open Swim</b></p>
	<p>11:15 Balance &amp; Fall Prevention Training 18</p> <p>1:00 ♥ <b>Cardio Drumming [WC]</b></p> <p>3:30 ♥ <b>Open Swim [WC]</b></p>	<p>9:00 ♥ <b>Upper Body Focus [WC]</b> 19</p> <p>11:00 Chair Yoga [WC]</p> <p>1:30 Balance &amp; Fall Prevention Training</p>	<p>9:00 ♥ <b>Azalea Aqua Fitness w/ Shameka [WC]</b> 20</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:00 Total Body Workout</p> <p>1:30 Cardio Drumming</p>	<p>9:00 ♥ <b>Upper Body Focus [WC]</b> 21</p> <p>10:00 ♥ <b>Open Swim [WC]</b></p> <p>11:00 ♥ <b>Chair Yoga [WC]</b></p> <p>1:30 Balance &amp; Fall Prevention Training [WC]</p> <p>1:30 ♥ <b>Wellness Chat [WC]</b></p> <p>4:30 Aqua Fitness W/Shelia [WC]</p>	<p>9:00 ♥ <b>Open Swim</b> 22</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:00 Total Body Workout</p> <p>1:30 ♥ <b>Lower Focus [WC]</b></p>	<p>9:00 ♥ <b>Azalea Aqua Fitness w/ Shameka [WC]</b> 23</p> <p>10:00 ♥ <b>Open Swim [WC]</b></p> <p>11:00 ♥ <b>Chair Yoga [WC]</b></p> <p>1:30 Chair Zumba</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>1:00 ♥ <b>Cardio</b> 24</p> <p>Drumming [WC]</p> <p>3:30 ♥ <b>Open Swim [WC]</b></p> <p>6:00 ♥ <b>Lower Focus [WC]</b></p>
	<p>1:00 Balance &amp; Fall Prevention Training 25</p> <p>3:30 Open Swim</p> <p>6:00 ♥ <b>Cardio Drumming [WC]</b></p>	<p>9:00 ♥ <b>Upper Body Focus [WC]</b> 26</p> <p>11:00 ♥ <b>Chair Yoga [WC]</b></p> <p>1:30 Balance &amp; Fall Prevention Training</p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:00 ♥ <b>Azalea Aqua Fitness w/ Shameka [WC]</b> 27</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:00 Total Body Workout</p> <p>1:30 Open Swim</p>	<p>9:00 ♥ <b>Upper Body Focus [WC]</b> 28</p> <p>10:00 ♥ <b>Open Swim [WC]</b></p> <p>11:00 ♥ <b>Chair Yoga [WC]</b></p> <p>1:30 ♥ <b>Cardio Drumming [WC]</b></p> <p>4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:00 ♥ <b>Open Swim</b> 29</p> <p>10:00 <i>Integrated Therapy- Aqua PT</i></p> <p>11:00 Total Body Workout</p> <p>1:30 ♥ <b>Lower Focus [WC]</b></p>	<p><b>Location Keys</b></p> <p>Activity Room AR</p> <p>Wellness Center WC</p>	

