

November 2025

Azalea Estates of Fayetteville



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
Fall Wellness Tips: 1. Keep Moving Safely: Enjoy light activities such as walking, stretching, or chair yoga to maintain strength, flexibility, and balance. Staying active through the fall helps prevent stiffness and reduces the risk of falls. Be sure to review the Wellness Center calendar to stay up to date on all available classes — finding movement is one of the best things you can do for your body. 2. Support Your Immune Health: Fuel your body with seasonal foods like apples, sweet potatoes, and leafy greens. These nutrient-rich choices help boost your immune system and keep you feeling your best throughout the cooler months.		November cont'd 30		Personalized workout sessions. (one-on-one) with Shameka are offered at the Wellness Center. Book your private sessions today.		AZALEA ESTATES ASSISTED LIVING RETIREMENT COMMUNITY FAYETTEVILLE		105 Autumn Glen Circle Fayetteville, GA 30215 770-461-0039		Location Keys Activity Room AR Wellness Center WC		"It is not happy people who are thankful, it is thankful people who are happy." — Unknown		11:15 Cardio Drumming [WC] 1:30 Lower Focus [WC]	
		Daylight Saving Time Begins 2		9:30 Upper Body Focus [WC] 11:15 Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila		Election Day 4 9:30 Aqua Fitness w/ Shameka 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]		9:30 Upper Body Focus [WC] 11:15 Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila		9:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Lower Focus [WC]		9:30 Aqua Fitness w/ Shameka 11:15 Chair Yoga [WC] 1:30 Core Focus 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila		11:15 Cardio Drumming [WC] 1:30 Lower Focus [WC]	
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