

May 2026 WELLNESS CENTER CALENDAR



| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|--|---|--|
| <p>Here are 4 Wellness Wins:</p> <p>1. Get Outdoors for Vitamin D: Aim for 15 minutes of daily sunlight. As the weather warms, natural light helps regulate sleep and boosts your mood after the long winter months.</p> <p>2. Refresh Your Hydration: Set a goal to drink water before you feel thirsty. Keeping a glass in every room makes it easier to stay hydrated as spring temperatures rise.</p> <p>3. Audit the Cabinet: Toss expired medications and supplements. It's a simple way to prevent accidental mix-ups.</p> <p>4. Kickstart with Fresh Fruit: Enjoy a bowl of fresh fruit first thing in the morning. It provides a natural energy boost and essential fiber to support healthy digestion throughout the day.</p> <p>Jot Down Your Reflections:</p> | <p>May cont'd</p> <p>1:30 ♥ Cardio Drumming [WC] 31</p> | <p>Personalized workout sessions. (one-on-one) with Shameka are offered at the Wellness Center. Book your private sessions today.</p> | <p>AZALEA ESTATES ASSISTED LIVING RETIREMENT AND COMMUNITY FAYETTEVILLE</p> | <p>105 Autumn Glen Circle Fayetteville, GA 30215 770-461-0039</p> | <p>Location Keys Wellness Center WC</p> | <p>9:30 ♥ Aqua Fitness w/Shameka 1 11:15 ♥ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila</p> | <p>11:30 ♥ Cardio Drumming [WC] 1:30 ♥ Lower Focus [WC] 2</p> |
| | <p>11:15 Balance & Fall Prevention Training [WC] 3 1:30 ♥ Cardio Drumming [WC]</p> | <p>9:30 ♥ Upper Body Focus [WC] 4 11:15 ♥ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila</p> | <p>9:30 ♥ Aqua Fitness w/Shameka 5 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]</p> | <p>9:30 ♥ Upper Body Focus [WC] 6 11:15 ♥ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila</p> | <p>11:15 Total Body Workout [WC] 7 1:30 ♥ Lower Focus [WC] 3:00 Open Swim</p> | <p>9:30 ♥ Aqua Fitness w/Shameka 8 11:15 ♥ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila</p> | <p>1:30 ♥ Cardio Drumming [WC] 9 1:30 ♥ Lower Focus [WC]</p> |
| | <p>Mother's Day 1:30 ♥ Cardio Drumming [WC] 10</p> | <p>9:30 ♥ Upper Body Focus [WC] 11 11:15 ♥ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila</p> | <p>9:30 ♥ Aqua Fitness w/Shameka 12 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]</p> | <p>9:30 ♥ Upper Body Focus [WC] 13 11:15 ♥ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila</p> | <p>11:15 Total Body Workout [WC] 14 1:30 ♥ Lower Focus [WC] 3:00 Open Swim</p> | <p>9:30 ♥ Aqua Fitness w/Shameka 15 11:15 ♥ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila</p> | <p>11:00 ♥ Wellness Chat [WC] 16 1:30 ♥ Cardio Drumming [WC] 1:30 ♥ Lower Focus [WC]</p> |
| | <p>1:30 ♥ Cardio Drumming [WC] 17</p> | <p>9:30 ♥ Upper Body Focus [WC] 18 11:15 ♥ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila</p> | <p>9:30 ♥ Aqua Fitness w/Shameka 19 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]</p> | <p>9:30 ♥ Upper Body Focus [WC] 20 11:15 ♥ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila</p> | <p>11:15 Total Body Workout [WC] 21 1:30 ♥ Lower Focus [WC] 3:00 Open Swim</p> | <p>9:30 ♥ Aqua Fitness w/Shameka 22 11:15 ♥ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila</p> | <p>1:30 ♥ Cardio Drumming [WC] 23 1:30 ♥ Lower Focus [WC]</p> |
| | <p>1:30 ♥ Cardio Drumming [WC] 24</p> | <p>Memorial Day 9:30 ♥ Upper Body Focus [WC] 25 11:15 ♥ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila</p> | <p>9:30 ♥ Aqua Fitness w/Shameka 26 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]</p> | <p>9:30 ♥ Upper Body Focus [WC] 27 11:15 ♥ Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila</p> | <p>11:15 Total Body Workout [WC] 28 1:30 ♥ Lower Focus [WC] 3:00 Open Swim</p> | <p>9:30 ♥ Aqua Fitness w/Shameka 29 11:15 ♥ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila</p> | <p>1:30 ♥ Cardio Drumming [WC] 30 1:30 ♥ Lower Focus [WC]</p> |