July 2026
WELLNESS CENTER CALENDAR

created with Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Here are 2 Wellness Wins: **1.Hydrate Before You Feel Thirsty** The body's natural thirst sensation tends to decline as we age. Don't wait until you feel dry to reach for a drink. Keep a reusable water bottle handy and aim for small, consistent sips throughout the day. Infusing water with slices of cucumber, mint, or berries can make staying hydrated a bit more inviting. **2. Load Up on High-**Moisture Foods Drinking water isn't the only way to stay hydrated; you can also eat your fluids. Incorporate plenty of seasonal, water-rich fruits and vegetables into snacks and meals. Watermelon, cucumbers, strawberries, celery, and tomatoes are packed with natural moisture, vitamins, and electrolytes that help keep the body cool and energized from the inside out. **Jot Down Your Reflections:**	Personalized workout sessions. (one-on-one) with Shameka are offered at the Wellness Center. Book your private sessions today.	AZALEA ESTATES ASSISTED LIVING AND RETIREMENT COMMUNITY FAYETTEVILLE 105 Autumn Glen Circle Fayetteville, GA 30215 770-461-0039	**1** 11:15 Upper Body Focus [WC] 1:00 Aqua Fitness w/ Phyllis 1:30 Fit & Fun Gym Session [WC] 4:30 Aqua Fitness W/ Sheila	**2** 9:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Lower Focus [WC]	**3** 9:30 Aqua Fitness w/Shameka 11:15 Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila	**4** **Independence Day** 11:15 Cardio Drumming [WC] 1:30 Lower Focus [WC]
5 11:15 Balance & Fall Prevention Training [WC] 1:30 Cardio Drumming [WC]	**6** 9:30 Upper Body Focus [WC] 11:15 Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila	**7** 9:30 Aqua Fitness w/Shameka 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	**8** 9:30 Upper Body Focus [WC] 11:15 Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila	**9** 9:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Lower Focus [WC]	**10** 9:30 Aqua Fitness w/Shameka 11:15 Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila	**11** 11:15 Cardio Drumming [WC] 1:30 Lower Focus [WC]
12 11:15 Balance and Fall Prevention Training [WC] 1:30 Cardio Drumming [WC]	**13** 9:30 Upper Body Focus [WC] 11:15 Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila	**14** 9:30 Aqua Fitness w/Shameka 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	**15** 9:30 Upper Body Focus [WC] 11:15 Chair Yoga [WC] 1:00 Aqua Fitness w/ Phyllis 1:30 Wellness Chat [WC] 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila	**16** 9:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Lower Focus [WC]	**17** 9:30 Aqua Fitness w/Shameka 11:15 Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila	**18** 11:15 Cardio Drumming [WC] 1:30 Lower Focus [WC]
19 11:15 Balance and Fall Prevention Training [WC] 1:30 Cardio Drumming [WC]	**20** 9:30 Upper Body Focus [WC] 11:15 Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila	**21** 9:30 Aqua Fitness w/Shameka 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	**22** 9:30 Upper Body Focus [WC] 11:15 Chair Yoga [WC] 1:00 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 2:30 Open Swim 4:30 Aqua Fitness W/ Sheila	**23** 9:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Lower Focus [WC]	**24** 9:30 Aqua Fitness w/Shameka 11:15 Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila	**25** 11:15 Cardio Drumming [WC] 1:30 Lower Focus [WC]
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