


June 2026

WELLNESS CENTER CALENDAR



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Here are 2 Wellness Wins:</b></p> <p><b>1. Hydrate Before You Feel Thirsty</b> 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.</p> <p><b>2. Load Up on High-Moisture Foods</b> 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.</p> <p><b>Jot Down Your Reflections:</b></p>	<p>Personalized workout sessions. (one-on-one) with Shameka are offered at the Wellness Center. Book your private sessions today.</p>	<p>9:30 ♡ Upper Body Focus [WC] <b>1</b></p> <p>11:15 ♡ Chair Yoga [WC]</p> <p>1:00 Aqua Fitness w/Phyllis</p> <p>1:30 Balance &amp; Fall Prevention Training</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 ♡ Aqua Fitness w/ Shameka <b>2</b></p> <p>10:30 Walking Club [WC]</p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 Fit &amp; Fun Gym Session [WC]</p>	<p>9:30 ♡ Upper Body Focus [WC] <b>3</b></p> <p>11:15 ♡ Chair Yoga [WC]</p> <p>1:00 Aqua Fitness w/Phyllis</p> <p>1:30 Balance &amp; Fall Prevention Training [WC]</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 Open Swim <b>4</b></p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 ♡ Lower Focus [WC]</p>	<p>9:30 ♡ Aqua Fitness w/ Shameka <b>5</b></p> <p>10:30 Walking Club [WC]</p> <p>11:15 ♡ Chair Yoga [WC]</p> <p>1:30 Core Focus</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>11:15 ♡ <b>6</b></p> <p>Cardio Drumming [WC]</p> <p>1:30 ♡ Lower Focus [WC]</p>
	<p>11:15 Balance &amp; Fall Prevention Training [WC] <b>7</b></p> <p>1:30 ♡ Cardio Drumming [WC]</p>	<p>9:30 ♡ Upper Body Focus [WC] <b>8</b></p> <p>11:15 ♡ Chair Yoga [WC]</p> <p>1:00 Aqua Fitness w/Phyllis</p> <p>1:30 Balance &amp; Fall Prevention Training</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 ♡ Aqua Fitness w/ Shameka <b>9</b></p> <p>10:30 Walking Club [WC]</p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 Fit &amp; Fun Gym Session [WC]</p>	<p>9:30 ♡ Upper Body Focus [WC] <b>10</b></p> <p>11:15 ♡ Chair Yoga [WC]</p> <p>1:00 Aqua Fitness w/Phyllis</p> <p>1:30 Balance &amp; Fall Prevention Training [WC]</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 Open Swim <b>11</b></p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 ♡ Lower Focus [WC]</p>	<p>9:30 ♡ Aqua Fitness w/ Shameka <b>12</b></p> <p>10:30 Walking Club [WC]</p> <p>11:15 ♡ Chair Yoga [WC]</p> <p>1:30 Core Focus</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>11:15 ♡ <b>13</b></p> <p>Cardio Drumming [WC]</p> <p>1:30 ♡ Lower Focus [WC]</p>
	<p>11:15 Balance &amp; Fall Prevention Training [WC] <b>14</b></p> <p>1:30 ♡ Cardio Drumming [WC]</p>	<p>9:30 ♡ Upper Body Focus [WC] <b>15</b></p> <p>11:15 ♡ Chair Yoga [WC]</p> <p>1:00 Aqua Fitness w/Phyllis</p> <p>1:30 Balance &amp; Fall Prevention Training</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 ♡ Aqua Fitness w/ Shameka <b>16</b></p> <p>10:30 Walking Club [WC]</p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 Fit &amp; Fun Gym Session [WC]</p>	<p>9:30 ♡ Upper Body Focus [WC] <b>17</b></p> <p>11:15 ♡ Chair Yoga [WC]</p> <p>1:00 Aqua Fitness w/ Phyllis</p> <p>1:30 ♡ Wellness Chat [WC]</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>11:15 ♡ <b>18</b></p> <p>Lower Focus [WC]</p>	<p>11:15 ♡ <b>19</b></p> <p>Balance &amp; Fall Prevention Training [WC]</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>11:15 ♡ <b>20</b></p> <p>Cardio Drumming [WC]</p> <p>1:30 ♡ Lower Focus [WC]</p>
	<p><b>Father's Day</b></p> <p>11:15 Balance &amp; Fall Prevention Training [WC] <b>21</b></p> <p>1:30 ♡ Cardio Drumming [WC]</p>	<p>9:30 ♡ Upper Body Focus [WC] <b>22</b></p> <p>11:15 ♡ Chair Yoga [WC]</p> <p>1:00 Aqua Fitness w/Phyllis</p> <p>1:30 Balance &amp; Fall Prevention Training</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 ♡ Aqua Fitness w/ Shameka <b>23</b></p> <p>10:30 Open Swim</p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 Fit &amp; Fun Gym Session [WC]</p>	<p>9:30 ♡ Upper Body Focus [WC] <b>24</b></p> <p>11:15 ♡ Chair Yoga [WC]</p> <p>1:00 Aqua Fitness w/Phyllis</p> <p>1:30 Balance &amp; Fall Prevention Training [WC]</p> <p>2:30 Open Swim</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>9:30 Open Swim <b>25</b></p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 ♡ Lower Focus [WC]</p>	<p>9:30 ♡ Aqua Fitness w/ Shameka <b>26</b></p> <p>10:30 Open Swim</p> <p>11:15 ♡ Chair Yoga [WC]</p> <p>1:30 Core Focus</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>11:15 ♡ <b>27</b></p> <p>Cardio Drumming [WC]</p> <p>1:30 ♡ Lower Focus [WC]</p>
<p>11:15 Balance &amp; Fall Prevention Training [WC] <b>28</b></p> <p>1:30 ♡ Cardio Drumming [WC]</p>	<p>11:15 ♡ Upper Body Focus [WC] <b>29</b></p> <p>1:00 Aqua Fitness w/Phyllis</p> <p>1:30 Balance &amp; Fall Prevention Training</p> <p>4:30 Aqua Fitness W/ Sheila</p>	<p>10:30 Open Swim <b>30</b></p> <p>11:15 Total Body Workout [WC]</p> <p>1:30 Fit &amp; Fun Gym Session [WC]</p>	<div style="display: flex; align-items: center; justify-content: space-between;"> <div style="text-align: center;">  <p><b>AZALEA ESTATES</b> ASSISTED LIVING RETIREMENT COMMUNITY FAYETTEVILLE</p> </div> <div style="text-align: center;"> <p>105 Autumn Glen Circle Fayetteville, GA 30215 770-461-0039</p> </div> <div style="text-align: center;"> <p><b>Location Keys</b> Wellness Center WC</p> </div> <div style="text-align: center;"> <p>"Gaze upward, look inward, reach outward, press forward." – Thomas S. Monson</p> </div> </div>				