







































































	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Wellness Center Calendar</p> <p>Wellness Tips for Seniors to Stay Active.</p> <ul style="list-style-type: none"> • Incorporate low-impact exercises like walking, swimming, or yoga into your routine. • Stay socially connected with friends and family to maintain emotional wellness. • Prioritize a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. • Engage in activities that stimulate the mind, such as puzzles or reading. 	<p>Location Keys Activity Room AR Wellness Center WC</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  Health and Wellness 10:00  Purposeful 11:30  Social</p>	<p>9:30  Open Swim 1 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30  Lower Focus [WC]</p>	<p>10:00  Open Swim 2 [WC] 11:30  Cardio Drumming [WC] 1:30 Chair Zumba 4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>1:00  Lower Focus [WC] 3 3:30  Open Swim [WC] 6:00  Cardio Drumming [WC]</p>	
	<p>1:00 Balance & Fall Prevention Training [WC] 4 3:30 Open Swim [WC] 6:00 Cardio Drumming [WC]</p>	<p>9:30  Upper Body Focus [WC] 5 11:30  Cardio Drumming [WC] 1:30 Balance & Fall Prevention Training 4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30  Azalea Aqua Fitness w/ Shameka [WC] 6 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30 Walking Club [WC]</p>	<p>9:30  Upper Body Focus [WC] 7 10:00 Open Swim [WC] 11:30  Chair Yoga [WC] 1:30 Balance & Fall Prevention Training [WC] 4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30  Open Swim 8 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30  Lower Focus [WC]</p>	<p>9:30  Azalea Aqua Fitness w/ Shameka [WC] 9 10:00 Open Swim [WC] 11:30  Chair Yoga [WC] 1:30 Chair Zumba 4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>11:15  Lower Focus [WC] 10 1:30  Balance & Fall Prevention Training [WC] 3:30  Open Swim [WC]</p>
	<p>11:15  Balance & Fall Prevention Training [WC] 11 1:00 Cardio Drumming 3:30  Open Swim [WC]</p>	<p>9:30  Upper Body Focus [WC] 12 11:30  Chair Yoga [WC] 1:30 Balance & Fall Prevention Training 4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30  Azalea Aqua Fitness w/ Shameka [WC] 13 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30 Walking Club [WC]</p>	<p>9:30  Upper Body Focus [WC] 14 10:00  Open Swim [WC] 11:30  Chair Yoga [WC] 1:30  Wellness Chat [WC] 4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30  Open Swim 15 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30  Lower Focus [WC]</p>	<p>9:30  Azalea Aqua Fitness w/ Shameka [WC] 16 10:00  Open Swim [WC] 11:30  Chair Yoga [WC] 1:30 Chair Zumba 4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>10:00  Open Swim [WC] 17 1:30  Flea Market [AR]</p>
	<p>1:00  Balance & Fall Prevention Training [WC] 18 3:30  Open Swim [WC] 6:00 Cardio Drumming</p>	<p>9:30  Upper Body Focus [WC] 19 11:30  Chair Yoga [WC] 1:30 Balance & Fall Prevention Training 4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30  Azalea Aqua Fitness w/ Shameka [WC] 20 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30 Walking Club [WC]</p>	<p>9:30  Upper Body Focus [WC] 21 10:00  Open Swim [WC] 11:30  Chair Yoga [WC] 1:30 Balance & Fall Prevention Training [WC] 4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30  Open Swim 22 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30  Lower Focus [WC]</p>	<p>9:30  Azalea Aqua Fitness w/ Shameka [WC] 23 10:00  Open Swim [WC] 11:30  Chair Yoga [WC] 1:30 Chair Zumba 4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>11:15  Lower Focus [WC] 24 1:00  Cardio Drumming [WC] 3:30  Open Swim [WC]</p>
	<p>1:00  Balance & Fall Prevention Training [WC] 25 3:30  Open Swim [WC] 6:00 Cardio Drumming</p>	<p>9:30  Upper Body Focus [WC] 26 11:30  Chair Yoga [WC] 1:30 Balance & Fall Prevention Training 4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30  Azalea Aqua Fitness w/ Shameka [WC] 27 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30 Walking Club [WC]</p>	<p>9:30  Upper Body Focus [WC] 28 10:00  Open Swim [WC] 11:30  Chair Yoga [WC] 1:30 Balance & Fall Prevention Training [WC] 4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>9:30  Open Swim 29 10:00 Integrated Therapy- Aqua PT 11:30 Total Body Workout 1:30  Lower Focus [WC]</p>	<p>9:30  Azalea Aqua Fitness w/ Shameka [WC] 30 10:00  Open Swim [WC] 11:30  Chair Yoga [WC] 1:30 Chair Zumba 4:30 Aqua Fitness W/ Shelia [WC]</p>	<p>1:00  Lower Focus [WC] 31 3:30  Open Swim [WC] 6:00  Cardio Drumming [WC]</p>

