November 2026
WELLNESS CENTER CALENDAR

created with Sagely

Here are 2 Wellness Wins:

1. Stay Moving
Daily: Engage in 15–20 minutes of low-impact activity like walking, aqua fitness, or chair yoga. Gentle movement protects joint flexibility, boosts balance, and elevates overall mood. Please review our wellness calendar to find a class that fits your needs!

2. Prioritize Hydration & Protein: Sip water consistently throughout the day to keep energy levels up and improve digestion. Pair this with protein-rich foods at each meal to maintain bone density and muscle strength. Come to the wellness center for fresh lemon water to stay hydrated.

Jot Down Your Reflections:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Begins 1 11:15 Balance & Fall Prevention Training [WC] 1:30 ♥ Cardio Drumming [WC]	2 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	**Election Day** 3 9:30 ♥ *Aqua Fitness w/ Shameka* 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	4 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	5 9:30 Open Swim 11:15 Total Body Workout [WC] 1:30 ♥ Lower Focus [WC]	6 9:30 ♥ *Aqua Fitness w/Shameka* 11:15 ♥ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila	7 11:15 ♥ Cardio Drumming [WC] 1:30 ♥ Lower Focus [WC]
8 11:15 Balance & Fall Prevention Training [WC] 1:30 ♥ Cardio Drumming [WC]	9 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	10 9:30 ♥ *Aqua Fitness w/Shameka* 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	**Veterans Day** 11 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	12 11:15 Balance & Fall Prevention Training [WC]	13 11:15 ♥ Cardio Drumming [WC] 4:30 Aqua Fitness W/ Sheila	14 11:15 ♥ Cardio Drumming [WC] 1:30 ♥ Lower Focus [WC]
15 11:15 Balance & Fall Prevention Training 1:30 ♥ Cardio Drumming [WC]	16 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	17 9:30 ♥ *Aqua Fitness w/Shameka* 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	18 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	19 9:30 Open Swim 11:15 Total Body Workout [WC] 1:30 ♥ Lower Focus [WC]	20 9:30 ♥ *Aqua Fitness w/Shameka* 11:15 ♥ Chair Yoga [WC] 1:30 Core Focus 4:30 Aqua Fitness W/ Sheila	21 11:15 ♥ Cardio Drumming [WC] 1:30 ♥ Lower Focus [WC]
22 11:15 Balance & Fall Prevention Training [WC] 1:30 ♥ Cardio Drumming [WC]	23 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	24 9:30 ♥ *Aqua Fitness w/Shameka* 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	25 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	**Thanksgiving** 26 11:15 Balance & Fall Prevention Training [WC]	27 11:15 ♥ Fit & Fun (open gym) [WC]	28 11:15 ♥ Cardio Drumming [WC] 1:30 ♥ Lower Focus [WC]
29 11:15 Balance & Fall Prevention Training [WC] 1:30 ♥ Cardio Drumming [WC]	30 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	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	**Location Keys** Wellness Center WC		"Each day I am thankful for nights that turned into mornings, friends that turned into family, dreams that turned into reality and likes that turned into loves." *— Unknown*