



MAY

Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	2 10:00 Aerobics 11:00 Balance 1:00 Yoga 2:00 Line Dancing	3 10:00 Fitness 11:00 Sittercize 2:00 Card Game 31 6:30 Shuffleboard	4 11:00 Yoga TV 3:00 Chair Volleyball
5	6 11:00 Sittercize 2:00 Balance 6:30 Shuffleboard	7 10:00 Yoga 12:00 DOC TALK 1:00 Aerobics 2:00 Silver Wheels	8 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation w Deborah	9 11:00 Wellness Speaker w Deborah Burnham 1:00 Yoga 2:00 Line Dancing	10 10:00 Fitness 11:00 Sittercize 1:00 Tai Chi w Deborah 3:00 Cheers Wine Down 6:30 Shuffleboard	11 11:00 Yoga TV 3:00 Chair Volleyball
12	13 11:00 Sittercize 1:00 Tai Chi w Deborah 2:00 Balance 6:30 Shuffleboard	14 10:00 Yoga 1:00 Aerobics 2:00 Silver Wheels	15 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation w Deborah	16 10:00 Aerobics 1:00 Yoga 2:00 Line Dancing	17 10:00 Fitness 11:00 Sittercize 1:00 Tai Chi w Deborah 2:00 Card Game 6:30 Shuffleboard	18 11:00 Yoga TV 3:00 Chair Volleyball
19	20 11:00 Sittercize 1:00 Tai Chi w Deborah 2:00 Balance 3:00 Wellness Com Met 6:30 Shuffleboard	21 10:00 Yoga 11:00 25 word or less 1:00 Aerobics 2:00 Silver Wheels	22 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	23 10:00 Aerobics 11:00 Balance 1:00 Yoga TV 2:00 Line Dancing	24 10:00 Fitness 11:00 Sittercize 2:00 Card Game 6:30 Shuffleboard	25 11:00 Yoga TV 3:00 Chair Volleyball
26	27 <i>God bless</i>  <i>our men and women in service</i>	28 10:00 Yoga TV 1:00 Aerobics 2:00 Silver Wheels	29 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditaitoin	30 10:00 Aerobics 11:00 Balance 1:00 Yoga 2:00 Line Dancing	31 10:00 Fitness 11:00 Sittercize 2:00 Card Game 5:00 Line Dancer Perform ALL U CAN EAT PARTY	