



MAY

Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00 Aerobics 1:00 Yoga 2:00 Line Dancing	2 10:00 Fitness 11:00 Sittercize 2:00 Card Game 6:30 Shuffleboard	3 11:00 TV Yoga 3:00 Chair Volleyball
4 Nat'l Women's Health Day See event form 6:30 Shuffleboard	5 10:00 Yoga 11:00 Aquacize 12:00 DOC TALK 1:00 Aerobics 2:00 Laughter Yoga	6 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball	7 10:00 Aerobics TV 11:00 Cancer Seminar 1:00 Yoga 2:00 Line Dancing	8 10:00 Fitness 11:00 Sittercize Ladies Tea 3:00 Happy Hour 6:30 Shuffleboard	9 11:00 TV Yoga 3:00 Chair Volleyball	10
11 10:00 Fitness 11:00 Sittercize 2:00 Balance 6:30 Shuffleboard	12 10:00 Yoga 11:00 Aquacize 1:00 Aerobics 2:00 Laughter Yoga	13 10:00 Fitness 11:00 Sittercize 2:00 Volleyball	14 11:00 FASHION SHOW 1:00 Yoga	15 Farmers Market 6:30 Shuffleboard	16 11:00 Yoga TV 3:00 Chair Volleyball	17
18 11:00 Sittercize 1:30 Shuffleboard 2:00 Birthday Party 6:30 Shuffleboard	19 10:00 Yoga 11:00 Aquacize 1:00 Aerobics 2:00 Laughter Yoga	20 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Sound Healing	21 10:00 Aerobics 2:00 Line Dancing	22 10:00 Fitness 11:00 Sittercize Dining Under stars	23 11:00 Yoga TV 3:00 Chair Volleyball	24
25 10:00 Fitness 11:00 Sittercize 2:00 Balance 6:30 Shuffleboard	26 10:00 Yoga TV 1:00 Aerobics 2:00 Laughter Yoga	27 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Sound Healing	28 10:00 Aerobics 2:00 Line Dancing	29 10:00 Mens Fitness 11:00 Sittercize 2:00 Card Games 6:30 Shuffleboard	30 11:00 Yoga TV 3:00 Chair Volleyball	31