



JUNE

Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 10:00 Brainiacs 11:00 Aquacize 12:00 Doc Talk 1:00 Aerobics 2:00 Laughter Yoga	4 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Sound Healing	5 10:00 Aerobics 1:00 Yoga TV 2:00 Line Dancing	6 10:00 Fitness 11:00 Sittercize 2:00 Card Game 6:30 Shuffleboard	7 11:00 TV Yoga 3:00 Chair Volleyball
8	9 10:00 Fitness 11:00 Sittercize 2:00 Balance 6:30 Shuffleboard	10 10:00 Yoga TV 11:00 Aquacize 1:00 Aerobics 2:00 Laughter Yoga	11 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Balance	12 10:00 Aerobics 1:00 Yoga TV 2:00 Line Dancing	13 10:00 Fitness 11:00 Sittercize 3:00 Happy Hour 6:30 Shuffleboard	14 11:00 TV Yoga 3:00 Chair Volleyball
15	16 10:00 Fitness 11:00 Sittercize 2:00 Balance 6:30 Shuffleboard	17 10:00 Yoga TV 11:00 Aquacize 1:00 Aerobics 2:00 Laughter Yoga	18 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Balance	19 10:00 Aerobics 1:00 Yoga TV 2:00 Line Dancing	20 10:00 Fitness 11:00 Sittercize 2:00 Card Game 6:30 Shuffleboard	21 11:00 Yoga TV 3:00 Chair Volleyball
22 MaryAnn yoga returns	23 10:00 Fitness 11:00 Sittercize 2:00 Balance 6:30 Shuffleboard	24 10:00 Yoga TV 11:00 Aquacize 1:00 Aerobics 2:00 Laughter Yoga	25 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Balance	26 10:00 Aerobics 1:00 Yoga 2:00 Line Dancing	27 10:00 Fitness 11:00 Sittercize 2:00 Card Game 6:30 Shuffleboard	28 11:00 Yoga TV 3:00 Chair Volleyball
29	30 10:00 Fitness 11:00 Sittercize 2:00 Balance 6:30 Shuffleboard					

