



SEPTEMBER Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Happy Labor Day 11:00 Sittercize TV 6:30 Shuffleboard	3 10:00 Yoga 12:00 Doc Talk 1:00 Aerobics	4 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	5 10:00 Aerobics 1:00 Yoga 2:00 Line Dancing	6 9:20 Tai Chi 10:00 Fitness 11:00 Sittercize 2:00 Card Game 31 6:30 Shuffleboard	7 11:00 TV Yoga 3:00 Chair Volleyball
8	9 11:00 Sittercize 12:30 Fashion ShowFitting 6:30 Shuffleboard	10 10:00 Yoga 11:00 Nature Group 1:00 Aerobics	11 10:00 Fitness 11:00 Sittercize TV 1:00 FASHION SHOW Chapel	12 10:00 Aerobics TV 11:00 Wellness Speaker Dr Ibrahim Chapel 1:00 Yoga 2:00 Line Dancing	13 9:20 Tai Chi 11:00 Sittercize 2:00 Card Game 31 3:00 Cheers wine down 6:30 Shuffleboard	14 11:00 TV Yoga 3:00 Chair Volleyball
15	16 11:00 Sittercize 2:00 Silverwheels 3:00 Well Comm Meet 6:30 Shuffleboard	17 10:00 Yoga Speaker with Mktg 1:00 Aerobics TV	18 10:00 Fitness 11:00 Sittercize TV 2:00 Chair Volleyball	19 10:00 Aerobics TV 1:00 Yoga 1:00 – 4:00 WELLNESS FAIR	20 9:20 Tai Chi 11:00 Sittercize 2:00 Card Game 31 6:30 Shuffleboard	21 11:00 Yoga TV 3:00 Chair Volleyball
22	23 11:00 Sittercize 2:00 Silverwheels 6:30 Shuffleboard	24 10:00 Yoga 11:00 25 words or Less 1:00 Aerobics	25 10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	26 10:00 Aerobics 1:00 Yoga 2:00 Line Dancing	27 9:20 Tai Chi 11:00 Sittercize 2:00 Card Game 31 6:30 Shuffleboard	28 11:00 Yoga TV 3:00 Chair Volleyball
29 SENIOR GAMES START THIS WEEK	30 11:00 Sittercize Senior Games 6:30 Shuffleboard	1 Senior Games Shuffle 10:00 Yoga 1:00 Aerobics TV	2 Senior Games Corn 11:00 Sittercize TV 2:00 Chair Volleyball	3 10:00 Aerobics 1:00 Yoga 2:00 Line Dancing	4 9:20 Tai Chi 11:00 Sittercize 2:00 Card Game 31 6:30 Shuffleboard	5