



# JANUARY Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2	3	4
				10:00 aerobics TV 1:00 Yoga	9:20 Tai Chi 11:00 Sittercize TV 1:30 Shuffleboard 2:00 Card Game 31	11:00 TV Yoga 3:00 Chair Volleyball
5	6	7	8	9	10	11
	10:00 Fitness 11:00 Sittercize TV 1:30 Shuffleboard	10:00 Yoga 11:00 Balance TV 12:00 DOC TALK 1:00 Aerobics TV	10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	10:00 Aerobics 11:00 Wellness Speaker Laughter Yoga 1:00 Yoga 2:00 Line Dancing	11:00 Sittercize 1:30 Shuffleboard 2:00 Card Game 31	11:00 TV Yoga 3:00 Chair Volleyball
12	13	14	15	16	17	18
	10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 2:00 Silverwheels	10:00 Yoga 11:00 Nancy Nature 1:00 Aerobics 2:00 Laughter Yoga	10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	10:00 Aerobics 1:00 Yoga 2:00 Line dancing	9:20 Tai Chi 11:00 Sittercize 1:30 Shuffleboard 2:00 Card Game 31 3:00 Cheers Happy Hour	11:00 Yoga TV 3:00 Chair Volleyball
19	20	21	22	23	24	25
	10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 2:00 Sittercize	10:00 Yoga 11:00 Balance 1:00 Aerobics	10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	10:00 Aerobics TV 1:00 Yoga 2:00 Line Dancing	<b>Belly Laugh Day</b> 9:20 Tai Chi 11:00 Sittercize 1:30 Shuffleboard 2:00 Card Game 31	11:00 Yoga TV 3:00 Chair Volleyball
26	27	28	29	30	31	
	10:00 Fitness 11:00 Sittercize 1:30 Shuffleboard 2:00 Silverwheels	10:00 Yoga 11:00 Balance 1:00 Aerobics 2:00 Laughter Yoga	10:00 Fitness 11:00 Sittercize 2:00 Chair Volleyball 3:00 Meditation	10:00 Aerobics TV 1:00 Yoga 2:00 Line Dancing	9:20 Tai Chi 11:00 Sittercize TV 2:00 Card Game 31 1:30 Shuffleboard	11:00 Yoga TV 3:00 Chair Volleyball