

Wellness Calendar



Deupree House — December 2025

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
	1 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	2 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (CH)	3 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC) Aqua Aerobics 2:30pm-3:15pm	4 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	5 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	6
7	8 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	9 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (CH)	10 Chair class 9:30-10:15am (CR) Balance Class 10:15-10:30am (CR) Chair class/Zoom 10:45-11:30am (CR) Aqua Aerobics 2:30pm-3:15pm	11 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	12 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	13
14	15 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	16 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (CH)	17 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC) Aqua Aerobics 2:30pm-3:15pm	18 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	19 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	20
21	22 Chair class VIDEO 9:30-10:15am (EC) Balance Class Canceled Chair class/Zoom 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	23 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	24 Chair class VIDEO 9:30-10:15am (EC) Balance Class Canceled Chair class VIDEO 10:45-11:30am (EC) Aqua Aerobics Canceled	25  No Classes Pools Closed No Staff on Duty	26 No Classes No Staff on Duty Pools Closed?	27
28	29 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	30 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	31 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC) Aqua Aerobics 2:30pm-3:15pm			