

Wellness Calendar



Marjorie P. Lee — December 2025

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