

Wellness Calendar



Marjorie P. Lee — April 2026

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
			1 Tai Chi Flow 10-10:45am (EC)	2 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	3 Aqua Aerobics Canceled	4
5	6 Chair Yoga Canceled Aqua Aerobics 2:30pm-3:15pm	7 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	8 Tai Chi Flow 10-10:45am (EC)	9 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	10 Aqua Aerobics 9:30am-10:15am	11
12	13 Chair Yoga Canceled Aqua Aerobics 2:30pm-3:15pm	14 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	15 Tai Chi Flow 10-10:45am (EC)	16 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	17 Aqua Aerobics 9:30am-10:15am	18
19	20 Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:30pm-3:15pm	21 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	22 Tai Chi Flow 10-10:45am (EC)	23 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	24 Aqua Aerobics 9:30am-10:15am	25
26	27 Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:30pm-3:15pm	28 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	29 Tai Chi Flow 10-10:45am (EC)	30 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)		

