

Wellness Calendar



Deupree House — August 2026

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
						1
2	3 Chair class VIDEO 9:30-10:15am (EC) Balance Class CANCELED Chair class VIDEO 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	4 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (CH)	5 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC) Aqua Aerobics 2:30pm-3:15pm	6 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	7 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC)	8
9	10 Chair class VIDEO 9:30-10:15am (EC) Balance Class CANCELED Chair class VIDEO 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	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 10:45-11:30am (EC) Aqua Aerobics 2:30pm-3:15pm	13 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	14 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC)	15
16	17 Chair class VIDEO 9:30-10:15am (EC) Balance Class CANCELED Chair class VIDEO 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	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 10:45-11:30am (EC) Aqua Aerobics 2:30pm-3:15pm	20 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	21 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC)	22
23	24 Chair class VIDEO 9:30-10:15am (EC) Balance Class CANCELED Chair class VIDEO 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	25 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	26 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC) Aqua Aerobics 2:30pm-3:15pm	27 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	28 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC)	29
30	31 Chair class VIDEO 9:30-10:15am (EC) Balance Class CANCELED Chair class VIDEO 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)					