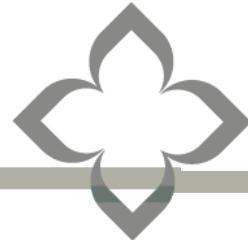


Wellness Calendar



Deupree House — February 2026

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
1	2 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)	3 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	4 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	5 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	6 GO RED DAY!  Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	7
8	9 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)	10 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	11 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	12 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	13 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	14
15	16 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)	17 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	18 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	19 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	20 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	21
22	23 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)	24 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	25 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	26 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	27 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class/Zoom 10:45-11:30am (EC)	28
	Wear your RED Friday 2/6 for National Wear Red Day!					

