



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 |
| <div style="border: 2px solid red; padding: 10px; text-align: center;"> Wear your RED Friday 2/6 for National Wear Red Day! </div> | | | | | | |
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