

# Wellness Calendar



## Deupree House — January 2026

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
				<b>1</b>  <b>No Classes</b> <b>Pools Closed</b> <b>No Staff on Duty</b>	<b>2</b> <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class/Zoom</b> 10:45-11:30am (EC)	<b>3</b>
<b>4</b>	<b>5</b> <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class/Zoom</b> 10:45-11:30am (EC) <b>Chair Yoga</b> 2:30pm-3:15pm (CH)	<b>6</b> <b>Aqua Aerobics</b> 9:30am-10:15am  <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	<b>7</b> <b>Chair class</b> 9:30-10:15am (CR) <b>Balance Class</b> 10:15-10:30am (CR) <b>Chair class/Zoom</b> 10:45-11:30am (CR) <b>Aqua Aerobics</b> 2:30pm-3:15pm	<b>8</b> <b>Aqua Aerobics</b> 9:30am-10:15am  <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	<b>9</b> <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class/Zoom</b> 10:45-11:30am (EC)	<b>10</b>
<b>11</b>	<b>12</b> <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class/Zoom</b> 10:45-11:30am (EC) <b>Chair Yoga</b> 2:30pm-3:15pm (CH)	<b>13</b> <b>Aqua Aerobics</b> 9:30am-10:15am  <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	<b>14</b> <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class/Zoom</b> 10:45-11:30am (EC) <b>Aqua Aerobics</b> 2:30pm-3:15pm	<b>15</b> <b>Aqua Aerobics</b> Canceled  <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	<b>16</b> <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class/Zoom</b> 10:45-11:30am (EC)	<b>17</b>
<b>18</b>	<b>19</b> <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class/Zoom</b> 10:45-11:30am (EC) <b>Chair Yoga</b> 2:30pm-3:15pm (CH)	<b>20</b> <b>Aqua Aerobics</b> 9:30am-10:15am  <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	<b>21</b> <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class/Zoom</b> 10:45-11:30am (EC) <b>Aqua Aerobics</b> 2:30pm-3:15pm	<b>22</b> <b>Aqua Aerobics</b> 9:30am-10:15am  <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	<b>23</b> <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class/Zoom</b> 10:45-11:30am (EC)	<b>24</b>
<b>25</b>	<b>26</b> <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class/Zoom</b> 10:45-11:30am (EC) <b>Chair Yoga</b> 2:30pm-3:15pm (CH)	<b>27</b> <b>Aqua Aerobics</b> 9:30am-10:15am  <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	<b>28</b> <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class/Zoom</b> 10:45-11:30am (EC) <b>Aqua Aerobics</b> 2:30pm-3:15pm	<b>29</b> <b>Aqua Aerobics</b> 9:30am-10:15am  <b>Tai Chi with Michael</b> 11:30am-12pm (EC)	<b>30</b> <b>Chair class</b> 9:30-10:15am (EC) <b>Balance Class</b> 10:15-10:30am (EC) <b>Chair class/Zoom</b> 10:45-11:30am (EC)	<b>31</b>
						