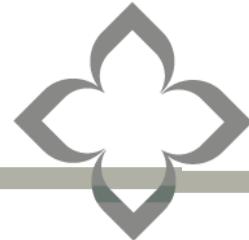


Wellness Calendar



Deupree House — January 2026

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

