

Wellness Calendar



Deupree House — June 2026

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day	
	1 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	2 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	3 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	4 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	5 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC)	6	
7	8 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	9 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	10 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	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)	13	
14	15 Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC) Chair Yoga 2:30pm-3:15pm (CH)	16 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	17 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	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)	20	
21	22 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)	23 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	24 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	25 Aqua Aerobics Resident Led 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)	27	
28	29 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)	30 Aqua Aerobics 9:30am-10:15am Tai Chi with Michael 11:30am-12pm (EC)	<div style="border: 2px solid red; padding: 10px; margin: 10px auto; width: 80%;"> <p>Monday Chair Classes will be on video & there will be no Monday Balance Class while Chloe is out on maternity leave.</p> </div>				
			<div style="border: 2px solid red; padding: 10px; margin: 10px auto; width: 80%;"> <p>Thursday Aqua Aerobics will be resident led while Chloe is out on maternity leave.</p> </div>				