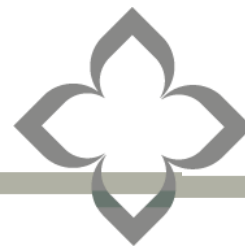


Wellness Calendar



Deupree House — May 2026

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
	<p align="center">Walk to Cure Arthritis Sunday 5/17 10am Must register online! See Wellness with questions</p>				<p>1</p> <p>Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC)</p>	<p>2</p>
3	<p>4</p> <p>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)</p>	<p>5</p> <p>Aqua Aerobics 9:30am-10:15am</p> <p>Tai Chi with Michael 11:30am-12pm (EC)</p>	<p>6</p> <p>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</p>	<p>7</p> <p>Aqua Aerobics 9:30am-10:15am</p> <p>Tai Chi with Michael 11:30am-12pm (EC)</p>	<p>8</p> <p>Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC)</p>	9
10	<p>11</p> <p>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)</p>	<p>12</p> <p>Aqua Aerobics 9:30am-10:15am</p> <p>Tai Chi with Michael 11:30am-12pm (EC)</p>	<p>13</p> <p>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</p>	<p>14</p> <p>Aqua Aerobics 9:30am-10:15am</p> <p>Tai Chi with Michael 11:30am-12pm (EC)</p>	<p>15</p> <p>Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC)</p>	16
17	<p>18</p> <p>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)</p>	<p>19</p> <p>Aqua Aerobics 9:30am-10:15am</p> <p>Tai Chi with Michael 11:30am-12pm (EC)</p>	<p>20</p> <p>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</p>	<p>21</p> <p>Aqua Aerobics 9:30am-10:15am</p> <p>Tai Chi with Michael 11:30am-12pm (EC)</p>	<p>22</p> <p>Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC)</p>	23
24	<p>25</p> <p align="center">  MEMORIAL DAY Memorial Day No Classes Pools closed No staff on Duty </p>	<p>26</p> <p>Aqua Aerobics 9:30am-10:15am</p> <p>Tai Chi with Michael 11:30am-12pm (EC)</p>	<p>27</p> <p>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</p>	<p>28</p> <p>Aqua Aerobics 9:30am-10:15am</p> <p>Tai Chi with Michael 11:30am-12pm (EC)</p>	<p>29</p> <p>Chair class 9:30-10:15am (EC) Balance Class 10:15-10:30am (EC) Chair class 10:45-11:30am (EC)</p>	30
31						