

Wellness Calendar



Marjorie P. Lee — May 2026

Sun-day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur-day
	<p>Walk to Cure Arthritis Sunday 5/17 10am Must register online! See Wellness staff with questions</p>				1 Aqua Aerobics 9:30am-10:15am	2
3	4 Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:15pm-3:00pm	5 Balance Class 10:15-10:30am (CH) Chair Class 10:30-11:15am (CH)	6 Tai Chi Flow 10-10:45am (EC)	7 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	8 Aqua Aerobics 9:30am-10:15am	9
10	11 Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:15pm-3:00pm	12 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	13 Tai Chi Flow Canceled	14 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	15 Aqua Aerobics 9:30am-10:15am	16
17	18 Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:15pm-3:00pm	19 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	20 Tai Chi Flow Canceled	21 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	22 Aqua Aerobics Canceled	23
24	25  MEMORIAL DAY Memorial Day No Classes Pools closed No staff on Duty	26 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	27 Tai Chi Flow 10-10:45am (EC)	28 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	29 Aqua Aerobics 9:30am-10:15am	30
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