Wellness Calendar

Deupree House - November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	**2** **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)	**3** **Aqua Aerobics** 9:30am-10:15am **Tai Chi with Michael** 11:30am-12pm (EC)	**4** **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	**5** **Aqua Aerobics** 9:30am-10:15am **Tai Chi with Michael** 11:30am-12pm (EC)	**6** **Chair Class** 9:30-10:15am (EC) **Balance Class** 10:15-10:30am (EC) **Chair Class** 10:45-11:30am (EC)	**7**
8	**9** **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)	**10** **Aqua Aerobics** 9:30am-10:15am **Tai Chi with Michael** 11:30am-12pm (EC)	**11** **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	**12** **Aqua Aerobics** Resident Led 9:30am-10:15am **Tai Chi with Michael** 11:30am-12pm (CR)	**13** **Chair Class** 9:30-10:15am (EC) **Balance Class** 10:15-10:30am (EC) **Chair Class** 10:45-11:30am (EC)	**14**
15	**16** **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)	**17** **Aqua Aerobics** 9:30am-10:15am **Tai Chi with Michael** 11:30am-12pm (EC)	**18** **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	**19** **Aqua Aerobics** 9:30am-10:15am **Tai Chi with Michael** 11:30am-12pm (EC)	**20** **Chair Class** 9:30-10:15am (EC) **Balance Class** 10:15-10:30am (EC) **Chair Class** 10:45-11:30am (EC)	**21**
22	**23** **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)	**24** **Aqua Aerobics** 9:30am-10:15am **Tai Chi with Michael** 11:30am-12pm (EC)	**25** **Chair Class** 9:30-10:15am (EC) **Balance Class** 10:15-10:30am(EC) **Chair Class** 10:45-11:30am (EC) **Aqua Aerobics** Canceled	**26**  **Happy Thanksgiving!**	**27** **No Classes** **No staff on Duty**	**28**
29	**30** **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)					

Deupree House Fitness Zone: (513) 979-2265