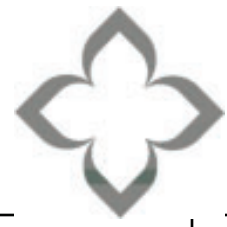


Wellness Calendar



Marjorie P. Lee — September 2026

Sun day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur day
		1 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	2 Tai Chi Flow Canceled	3 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	4 Aqua Aerobics Canceled	5
6	7 No Classes Pools Closed No Staff on Duty	8 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	9 Tai Chi Flow 10-10:45am (EC)	10 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	11 Aqua Aerobics 9:30am-10:15am	12
13	14 Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:15pm-3:00pm	15 Balance Class Canceled Chair Class Canceled	16 Tai Chi Flow Canceled	17 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	18 Aqua Aerobics 9:30am-10:15am	19
20	21 Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:15pm-3:00pm	22 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	23 Tai Chi Flow 10-10:45am (EC)	24 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	25 Aqua Aerobics 9:30am-10:15am	26
27	28 Chair Yoga 10:30-11:15am (EC) Aqua Aerobics 2:15pm-3:00pm	29 Balance Class 10:15-10:30am (EC) Chair Class 10:30-11:15am (EC)	30 Tai Chi Flow 10-10:45am (EC)			

