

Health & Wellness –June 2026

CR-Craft Room
ER- Exercise Room

FC-Fitness Center
TH-Theatre
PR- Party Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:45am Tai-Chi (ER)	2 9:30am Chair Yoga (TH) 10:30am Fitness Class Group (ER)	3 10:30am Fitness Class Group (ER)	4 9:30am Chair Yoga (TH)	5	6
7 11:05am Walk with Emily (R)	8 10:45am Tai-Chi (ER)	9 9:30am Chair Yoga (TH) 10:30am Fitness Class Group (ER)	10 10:30am Fitness Class Group (ER)	11 9:30am Chair Yoga (TH)	12 10:00am Hand Exercises (VR)	13
14	15 10:45am Tai-Chi (ER)	16 9:30am Chair Yoga (TH) 10:30am Fitness Class Group (ER)	17 10:30am Fitness Class Group (ER)	18 9:30am Chair Yoga (TH)	19 10:00am Hand Exercises (VR) Audiology clinic **Please sign up at reception**	20
21 11:05am Walk with Emily (R)	22 10:45am Tai-Chi (ER)	23 9:30am Chair Yoga (TH) 10:30am Fitness Class Group (ER)	24 10:30am Fitness Class Group (ER)	25 9:30am Chair Yoga (TH)	26 10:00am Hand Exercises (VR)	27
28	29 10:45am Tai-Chi (ER) Blood Pressure Clinic 10am-2pm in the nurses station	30 9:30am Chair Yoga (TH) 10:30am Fitness Class Group (ER)	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>** ONLY HEALTH AND FITNESS RELATED ACTIVITIES ARE ON THIS SIDE OF THE PAGE***</p>   <p>TURN OVER FOR ALL OTHER ACTIVITIES</p> </div>			

