

DECEMBER 2019

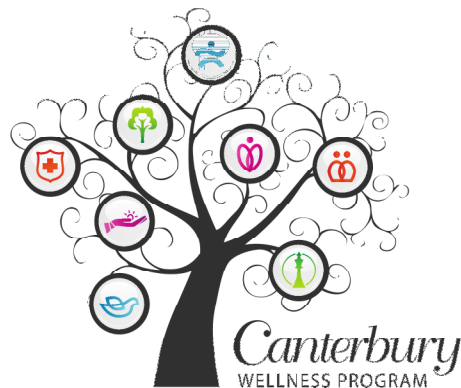
Wellness Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>12 Days of Christmas Fitness Challenge begins (see insert)</p> <p><i>If you would like 1:1 time for stretching, working with weights, and/or equipment, please see Wellness Coordinator Laura Burmeister</i></p>	<p>2</p> <p>8:30 Rise and Shine 9:30 Western Line Dancing 11:00 Core & Balance 2pm Women's Bowling League 6:30 Bucket Ball</p>	<p>3</p> <p>11:00 Balance & Stretch 1:00 Happy Feet Dancing 2:30 Walking Club 3:15 Orientation OF WELLNESS CENTER 6:30 Table games in St. George's Room 6:30 CO-ED Virtual Bowling</p>	<p>4</p> <p>8:45 Swim Therapy at WMHS 11:00 Cardio Combo 11:45-12:00 Meditation 1:30 WALKER STROLL DANCING 6:30 Bean Bag Toss</p>	<p>5</p> <p>11:00 CARDIO DRUMMING 2:30 Walking Club 3:15 Christmas Caroling Rehearsal 6:00 Line Dancing</p>	<p>6</p> <p>11:00 Muscles in Motion</p>	<p><i>Heather and Laura would like to wish you a very Merry Christmas and Happy New Year! May this Season bring you joy, happiness, peace and love.</i></p> <p><i>God Bless us all!</i></p> 
<p>8</p> <p><i>**All classes held in the Wellness Center located in the lower level of the community center unless otherwise noted.</i></p>	<p>9</p> <p>8:30 Rise and Shine 9:30 Western Line Dancing 11:00 Core & Balance 2pm Women's Bowling League 6:30 Bucket Ball</p>	<p>10</p> <p>11:00 Balance & Stretch 1:00 Happy Feet Dancing 2:30 Walking Club 3:15 Christmas Music Bingo 6:00 Fine Lines & Wine in St. George's Room 6:30 CO-ED Virtual Bowling</p>	<p>11</p> <p>8:45 Swim Therapy at WMHS 11:00 Cardio Combo 11:45-12:00 Meditation 1:30 WALKER STROLL DANCING 3:00 Wellness Seminar 6:30 Bean Bag Toss</p>	<p>12</p> <p>11:00 STRENGTH & BALANCE 2:30 Walking Club 6:00 Line Dancing</p>	<p>13</p> <p>11:00 Muscles in Motion</p> <p>TURN IN 12 DAYS OF CHRISTMAS FITNESS CHALLENGE</p>	
<p>15</p> <p><u>Live and Thrive with Exercise!</u></p>	<p>16</p> <p>8:30 Rise and Shine 9:30 Western Line Dancing 11:00 Core & Balance 2pm Women's Bowling League 3:15 Christmas Caroling Rehearsal 6:30 Bucket Ball</p>	<p>17</p> <p>11:00 Balance & Stretch 1:00 Happy Feet Dancing 3:00 Christmas Caroling throughout the community meet in Wellness Center 6:30 Table games in St. George's Room 6:30 CO-ED Virtual Bowling</p>	<p>18</p> <p>8:45 Swim Therapy at WKHS 11:00 Cardio Combo 11:45-12:00 Meditation 6:30 Bean Bag Toss</p>	<p>19</p> <p>11:00 CARDIO DRUMMING 2:30 Walking Club 6:00 Line Dancing</p>	<p>20</p> <p>11:00 Muscles in Motion</p>	
<p>22</p> <p>**PLEASE NOTE** Walking Club Meets in the Wellness Center</p>	<p>23</p> <p>8:30 Rise and Shine 9:30 Western Line Dancing 11:00 Core & Balance 2pm Women's Bowling League 6:30 Bucket Ball</p>	<p>24</p> <p>11:00 Santa's Helper Workout</p>	<p>25</p> <p>MERRY CHRISTMAS</p>	<p>26</p> <p>11:00 STRENGTH & BALANCE 2:30 Walking Club 3:15 Cranium Crunches 6:00 Line Dancing</p>	<p>27</p> <p>11:00 Muscles in Motion</p>	
	<p>30</p> <p>8:30 Rise and Shine 9:30 Western Line Dancing 11:00 Core & Balance 2pm Games with Maddie & Josh 6:30 Bucket Ball</p>	<p>31</p> <p>11:00 New Year Eve's Workout</p>	<p>HAPPY NEW YEAR 2020!</p>			

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The hustle and bustle of this holiday season can be stressful, let me help you with this! Exercise is one of the BEST ways in dealing with stress! Another great way to handle our stress is meditation. We offer BOTH in the Wellness Center! As this year comes to a close I want to say thank you for letting me be part of your day, I love my job and I love working for and with you all.
Cheers to 2020!

In good health,
Laura Burmeister
Wellness Coordinator



Wellness Activity Calendar

Live well. Be well. With Canterbury.

Stay up-to-date on the available classes and events each month. Participate in as many as you'd like. And keep track of all of your activities with our Wellness Player's Club Monthly Activity Tracker.

