

# May 2019

# Wellness Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>If you would like 1:1 time for stretching, working with weights and/or equipment, please see Wellness Coordinator <b>Laura Burmeister</b></p>	<p><b>Live and Thrive with Exercise!</b></p>		<p>1 8:45 Swim Therapy at WKHS 11:00 Cardio Combo 11:45-12:00 Meditation <b>2:30 Women's Circuit Class</b> 6:00 Bean Bag Toss</p>	<p>2 11:00 Balance &amp; Stretch 2:30 Walking Club meet in Wellness Center 6:00 Line Dancing</p>	<p>3 11:00 CARDIO DRUMMING</p>	 <p><b>It's that time of year again to join our Summer Sports Leagues! Practice will be starting the week of the 13<sup>th</sup>. We will play outside as long as the weather cooperates! You may join in at anytime of the season to play. We do keep score and will have a Sports Banquet to celebrate our winners and participants at the end of the season in the fall!</b></p>
<p>5 <b>**All classes held in the Wellness Center located in the lower level of the community center unless otherwise noted.</b></p>	<p>6 8:30 Rise and Shine 9:30 Line Dancing 11:00 Toning Workout 2pm Virtual Bowling League 6:00 Ball Toss</p>	<p>7 11:00 Balance &amp; Stretch 1:00 Line Dancing 2:30 Walking Club meet in Wellness Center 6:00 Virtual Bowling</p>	<p>8 8:45 Swim Therapy at WKHS 11:00 Cardio Combo 11:45-12:00 Meditation <b>2:30 Women's Circuit Class</b> 6:00 Bean Bag Toss</p>	<p>9 11:00 CARDIO DRUMMING 2:30 Walking Club meet in Wellness Center 6:00 Line Dancing</p>	<p>10 11:00 Muscles in Motion</p>	
<p>12</p>	<p>13 8:30 Rise and Shine 9:30 Line Dancing 11:00 Toning Workout 2pm Virtual Bowling League <b>6:00 Bocce Ball Practice</b></p>	<p>14 11:00 Balance &amp; Stretch 1:00 Line Dancing 2:30 Walking Club meet in Wellness Center <b>6:30 Shuffleboard Practice</b></p>	<p>15 8:45 Swim Therapy at WKHS 11:00 Cardio Combo 11:45-12:00 Meditation <b>2:30 Women's Circuit Class</b> <b>6:30 Putting League Practice</b></p>	<p>16 <b>10:45 LINE DANCERS PERFORM IN THE PAVILION</b> 11:00 Balance &amp; Stretch 2:30 Walking Club meet in Wellness Center <b>6:30 Bean Bag Toss Outside</b></p>	<p>17 <b>10:00 NATURE WALK OUTING Rochester Municipal Park</b> 11:00 CARDIO DRUMMING</p>	
<p>19</p>	<p>20 8:30 Rise and Shine 9:30 Line Dancing 11:00 Toning Workout 2pm Virtual Bowling League <b>6:00 Bocce Ball Practice</b></p>	<p>21 11:00 Balance &amp; Stretch 1:00 Line Dancing 2:30 Walking Club meet in Wellness Center <b>6:30 Shuffleboard Practice</b></p>	<p>22 8:45 Swim Therapy at WKHS 11:00 Cardio Combo 11:45-12:00 Meditation <b>2:30 Women's Circuit Class</b> <b>6:30 Putting League Practice</b></p>	<p>23 11:00 CARDIO DRUMMING <b>2:00 Wellness Seminar Skin Cancer</b> 2:30 Walking Club meet in Wellness Center 6:00 Line Dancing <b>6:30 Bean Bag Toss Outside</b></p>	<p>24 11:00 Muscles in Motion</p>	
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	
	<p><b>Memorial Day</b></p>	<p>11:00 Balance &amp; Stretch 1:00 Line Dancing 2:30 Walking Club meet in Wellness Center <b>6:30 Shuffleboard League</b></p>	<p>8:45 Swim Therapy at WKHS 11:00 Cardio Combo 11:45-12:00 Meditation <b>2:30 SENIOR HEALTH &amp; FITNESS DAY-Fitness games</b> <b>6:30 Putting League Begins</b></p>	<p>11:00 CARDIO DRUMMING 2:30 Walking Club meet in Wellness Center 6:00 Line Dancing <b>6:30 Bean Bag Toss Outside</b></p>	<p>11:00 Muscles in Motion</p>	