

# JANUARY 2020

# Wellness Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>If you would like 1:1 time for stretching, working with weights, and/or equipment, please see Wellness Coordinator Laura Burmeister</i>	<b>**PLEASE NOTE**</b> Walking Club Meets in the Wellness Center		1 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	2 11:00 <b>CARDIO DRUMMING</b> 2:30 <b>Walking Club</b> 6:00 <b>Line Dancing</b>	3 11:00 Cardio & Core	 <p><b>HAPPY NEW YEAR!</b></p> <p>Let's start the new year off with focusing on our health and well-being. We make it simple for you here in our Wellness Center. As you can see on this calendar we offer a lot of different exercise classes like walking club, line dancing, classes that focus on balance, cardio and strength. We also offer Meditation. We have Wellness Seminars to educate too!</p>
5 <b>**All classes held in the Wellness Center located in the lower level of the community center unless otherwise noted.</b>	6 8:30 Rise and Shine 9:30 Western Dancing 11:00 Core & Balance 2pm Women's Bowling League 6:30 Mystery Game	7 11:00 Balance & Stretch 1:00 Happy Feet Dancing 2:30 Walking Club 3:15 <b>January IQ Game</b> 6:30 Table games in St. George's 6:30 CO-ED Virtual Bowling	8 8:45 Swim Therapy at WMHS 11:00 Cardio Combo 11:45-12:00 Meditation 1:30 WALKER STROLL DANCING 3:00 <b>Wellness Seminar on Reiki</b> 6:30 Bean Bag Toss	9 11:00 <b>STRENGTH &amp; BALANCE</b> 2:30 <b>Walking Club</b> 6:00 <b>Line Dancing</b>	10 11:00 Cardio & Core	
12 <b>Live and Thrive <u>with</u> Exercise!</b>	13 8:30 Rise and Shine 9:30 Western Dancing 11:00 Core & Balance 2pm Women's Bowling League 6:30 Mystery Game	14 11:00 Balance & Stretch 1:00 Happy Feet Dancing 2:30 Walking Club 3:15 <b>A-MAZING FOOTBALL PUZZLE</b> 6:30 Table games in St. George's 6:30 CO-ED Virtual Bowling	15 8:45 Swim Therapy at WKHS 11:00 Cardio Combo 11:45-12:00 Meditation 6:30 Bean Bag Toss	16 11:00 <b>CARDIO DRUMMING</b> 2:30 <b>Walking Club</b> 6:00 <b>Line Dancing</b>	17 11:00 Cardio & Core	
19	20 <b>MARTIN LUTHER KING, JR DAY</b> <b>NO CLASSES</b>	21 11:00 Balance & Stretch 1:00 Happy Feet Dancing 2:30 Walking Club 6:30 Table games in St. George's Room 6:30 CO-ED Virtual Bowling	22 8:45 Swim Therapy at WKHS 11:00 Cardio Combo 11:45-12:00 Meditation 3:00 <b>Wellness Seminar with TMC</b>	23 11:00 <b>CARDIO DRUMMING</b> 2:30 <b>Walking Club</b> 6:00 <b>Line Dancing</b>	24 11:00 Cardio & Core	
26	27 8:30 Rise and Shine 9:30 Western Dancing 11:00 Core & Balance 6:30 Mystery Game	11:00 Balance & Stretch 1:00 Happy Feet Dancing 2:30 Walking Club 6:00 <b>Resident Potluck in Wellness Center</b>	29 8:45 Swim Therapy at WKHS 11:00 Cardio Combo 11:45-12:00 Meditation 6:30 Bean Bag Toss	30 11:00 <b>CARDIO DRUMMING</b> 2:30 <b>Walking Club</b> 6:00 <b>Line Dancing</b>	31 11:00 Cardio & Core	

# JANUARY

As most of you have heard I will be stopping the Casino Chips rewards program in the next few months.

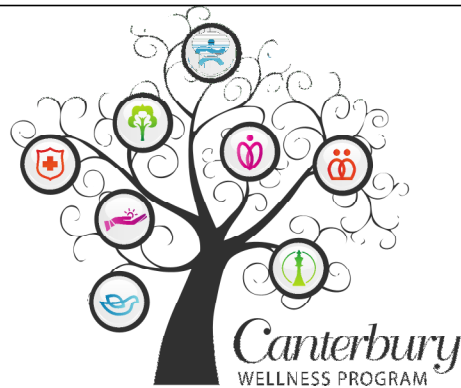
I will be sending out a letter letting you know when.

I appreciate your suggestions; because of them we have new games and programs! So please keep them coming!

I hope to go to TopGolf and bowling this year!!!

If you have an idea, please share with me and let's give a go!

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.

Canterbury  
on-the-Lake 