
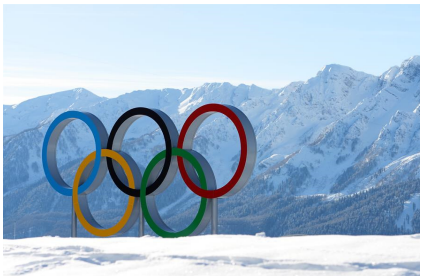



February 2018

Wellness Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*All classes held in the Wellness Center located in the lower level of the Community Center unless otherwise noted.</p>				<p>11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Line Dancing</p>	<p>NATIONAL WEAR RED DAY! FOR WOMEN'S HEART HEALTH</p> <p>11:00 SPECIAL CARDIO CLASS</p>	
<p>If you would like any 1:1 time for stretching, working with weights and/or equipment, please see Wellness Coordinator, Laura Burmeister</p>	<p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 2:00 Virtual Bowling League 6:00 Indoor Bocce Ball</p>	<p>11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling League</p>	<p>9:00 Swim Therapy 11:00 Muscles in Motion 2:15 Functionally Fit 6:00 Bean Bag Toss</p>	<p>11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Line Dancing</p>	<p>11:00 Muscles in Motion</p> <p>2:30 WINTER WELLNESS OLYMPICS OPENING CEREMONY & Travelogue to South Korea</p>	<p><i>This month's spotlight is on Heart Health. The first Friday of February is Wear Red for awareness for heart health for women.</i></p>
	<p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 2:30 WINTER WELLNESS OLYMPICS BASKETBALL SHOOT OUT 6:00 Indoor Bocce Ball</p>	<p>11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling League</p>	<p>9:00 Swim Therapy 11:00 Muscles in Motion 2:15 Functionally Fit 6:00 Bean Bag Toss</p>	<p>11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 1:00 WINTER WELLNESS OLYMPICS CHOP STIX GAME</p>	<p>11:00 Muscles in Motion</p> <p>12:00-1:30 WINTER WELLNESS OLYMPICS SCAVENGER HUNT CHECK IN</p>	
	<p>8:30 Rise and Shine 9:30 Line Dancing 11:30 Muscles in Motion 2:30 WINTER WELLNESS OLYMPICS DONUT GAME 6:00 Indoor Bocce Ball</p>	<p>11:00 Balance & Stretch 1:00 Line Dancing 3:00 WINTER WELLNESS OLYMPICS SNOWBALL RACE</p>	<p>9:00 Swim Therapy 11:00 Muscles in Motion 2:00 WINTER WELLNESS OLYMPICS NOODLE HOCKEY 6:00 Bean Bag Toss</p>	<p>11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Line Dancing</p>	<p>11:00 Muscles in Motion</p> <p>12:30 WINTER WELLNESS OLYMPICS CLOSING CEREMONY WITH JETS PIZZA LUNCH</p>	
	<p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 2:00 Virtual Bowling League 6:00 Indoor Bocce Ball</p>	<p>11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling League</p>	<p>9:00 Swim Therapy 11:00 Muscles in Motion 2:15 Functionally Fit 6:00 Bean Bag Toss</p>			



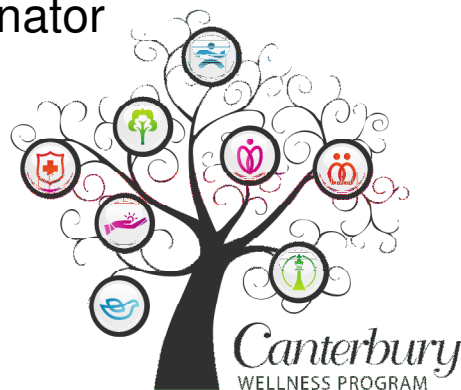
February is a busy month in the Wellness Center! We have National Wear Red Day on Friday, February 2. Wear Red is a national campaign is to bring awareness to Women's Heart Health. We will have a special exercise class this day focusing on cardio.

Also we will be having our Winter Wellness Olympics! (It's tradition!) I invite you to participate in Olympic games starting Friday, February 9 through Friday, February 23.

Again it's my pleasure serving you in our Wellness Center. If you have any suggestions for programming, I would love for you to share them with me.

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.

