

# March 2017

# 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>1 9:00 Water Aerobics at WKHS 11:00 Low Impact Aerobics 11:30 Strength Training 1PM &amp; 2PM Personal Training 6:00pm Bean Bag Toss in the Wellness Center</p>	<p>2 11:00 Balance &amp; Stretch 1:00 Line Dancing 3:00 Walking Club meet in Wellness Center 3:45 Cardio Fusion</p>	<p>3 10:00 Men's Hour 11:00 Low Impact Aerobics 11:30 Strength Training 1:00 TAI CHI w/a PT in Wellness Center</p>	 <p>Please note the class changes for the week of March 12<sup>th</sup>. There will be no Rise and Shine on Monday, March 13, Cardio Drumming on Tuesday, March 14, Water Aerobics at WKHS on Wednesday, March 15, Cardio Fusion on Thursday, March 16 and no Tai Chi on Friday, March 17. There are no classes on Monday the 13<sup>th</sup> and on Wednesday the 15<sup>th</sup> class times have been changed to 1:00p.m.</p> <p>Sorry for any inconvenience this may cause.</p> <p>Best regards, Laura</p>
<p>5 Bean Bag in the Wellness Center ALL DAY!</p>	<p>6 8:30 Rise and Shine 9:30 Line Dancing 11:00 Low Impact Aerobics 11:30 Strength Training 2:00 Virtual Bowling 3:30 Men's Virtual Bowling</p>	<p>7 11:00 Balance &amp; Stretch 3:00 Walking Club meet in Wellness Center 3:45 Cardio Drumming 6:00pm Line Dancing in the Wellness Center</p>	<p>8 9:00 Water Aerobics at WKHS 11:00 Low Impact Aerobics 11:30 Strength Training 1PM &amp; 2PM Personal Training 6:00pm Bean Bag Toss in the Wellness Center</p>	<p>9 11:00 Balance &amp; Stretch 1:00 Line Dancing 3:00 Walking Club meet in Wellness Center 3:45 Cardio Fusion</p>	<p>10 10:00 Men's Hour 11:00 Low Impact Aerobics 11:30 Strength Training 1:00 TAI CHI w/a PT in Wellness Center</p>	
<p>12 Bean Bag in the Wellness Center ALL DAY!</p>	<p>13 9:30 Line Dancing <b>NO WELLNESS CLASSES TODAY</b> 2:00 Virtual Bowling 3:30 Men's Virtual Bowling</p>	<p>14 11:00 Balance &amp; Stretch 3:00 Walking Club meet in Wellness Center 6:00pm Indoor Putting in the Wellness Center</p>	<p>15 1:00 Low Impact Aerobics 1:30 Strength Training <b>*Please note change in time</b> 6:00pm Bean Bag Toss in the Wellness Center</p>	<p>16 11:00 Balance &amp; Stretch 1:00 Line Dancing 3:00 Walking Club meet in Wellness Center</p>	<p>17 10:00 Men's Hour 11:00 Low Impact Aerobics 11:30 Strength Training</p>	
<p>19 Bean Bag in the Wellness Center ALL DAY!</p>	<p>20 8:30 Rise and Shine 9:30 Line Dancing 11:00 Low Impact Aerobics 11:30 Strength Training 2:00 Virtual Bowling 3:30 Men's Virtual Bowling</p>	<p>21 11:00 Balance &amp; Stretch 3:00 Walking Club meet in Wellness Center 3:45 Cardio Drumming 6:00pm Velcro Darts in the Wellness Center</p>	<p>22 9:00 Water Aerobics at WKHS 11:00 Low Impact Aerobics 11:30 Strength Training 1PM &amp; 2PM Personal Training <b>5:00PM PIZZA DINNER in Pub</b> 6:00pm Bean Bag Toss in the Wellness Center</p>	<p>23 11:00 Balance &amp; Stretch 1:00PM Line Dancing 3:00 Walking Club meet in Wellness Center 3:45 Cardio Fusion</p>	<p>24 10:00 Men's Hour 11:00 Low Impact Aerobics 11:30 Strength Training 1:00 TAI CHI w/a PT in Wellness Center</p>	
<p>26 Bean Bag in the Wellness Center ALL DAY!</p>	<p>27 8:30 Rise and Shine 9:30 Line Dancing 11:00 Low Impact Aerobics 11:30 Strength Training 2:00 Virtual Bowling 3:30 Men's Virtual Bowling</p>	<p>28 11:00 Balance &amp; Stretch 3:00 Walking Club meet in Wellness Center 3:45 Cardio Drumming 6:00pm Line Dancing</p>	<p>29 9:00 Water Aerobics at WKHS 11:00 Low Impact Aerobics 11:30 Strength Training 1PM &amp; 2PM Personal Training 6:00pm Bean Bag Toss in the Wellness Center</p>	<p>30 11:00 Balance &amp; Stretch 1:00PM Line Dancing 3:00 Walking Club meet in Wellness Center 3:45 Cardio Fusion</p>	<p>31 10:00 Men's Hour 11:00 Low Impact Aerobics 11:30 Strength Training 1:00 TAI CHI w/a PT in Wellness Center</p>	



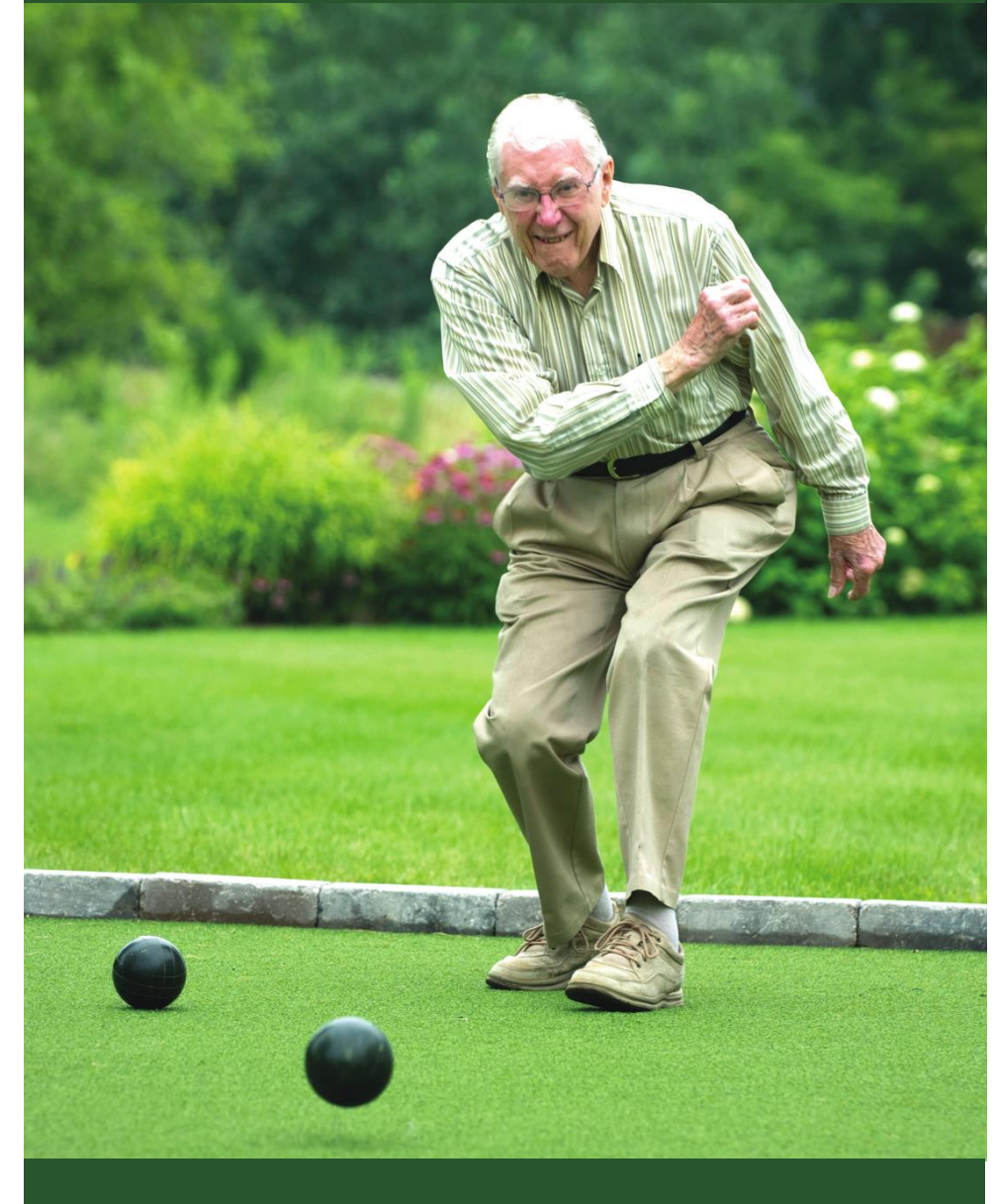
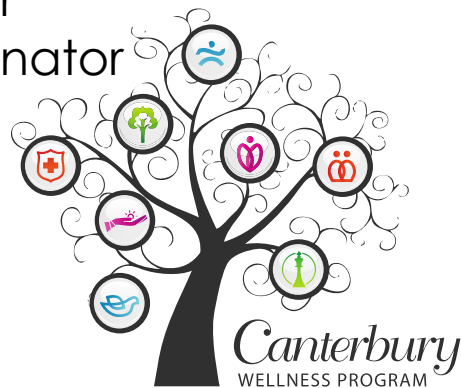


I have heard your request and I plan on hosting a salad and pizza night on Wednesday, March 22 at 5PM in the pub. Keep watch for more information. You will be able to “cash” in your Players Club chips for this dinner. **YOU MUST be signed up in order to participate. You will need to prepay with your chips the day before.** I will have a sign up sheet on the bulletin board with more details.

Save the date ... the Wellness General Store is tentatively scheduled for Tuesday, April 11.

I have added a Men's Virtual Bowling on Mondays at 3:30 p.m., in the Wellness Center.

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.

