

July 2024 Wellness Calendar

Monday		Tuesday		Wednesday		Thursday		Friday	
1	8:30am-7pm	2	8:30am-7pm	3	8:30am-7pm	4		5	
8:30am- Walking with Dalia(1) 9am- Gentle Yoga (2) 10am- Gardening (1) 4pm- Zumba (1) 5:30pm- Creative Cooking (1)		8:30am- Walking with America (1) 9am- Eat Smart, Live Strong. (2) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1)		8:30am- Walking with Dalia (1) 10am- Firework Safety (1) 12pm- ESL with Margie (1) 2pm- Firework Safety (1) 4pm- Zumba (1) 6pm- Financial Literacy (2)		4th of July.- CLOSED		Closed	
8	8:30am- 7pm	9	8:30am-7pm	10	8:30am-7pm	11	8:30am-7pm	12	9am-12pm
8:30am- Walking with Dalia(1) 9am- Gentle Yoga (2) 10am- Gardening (1) 4pm- Zumba (1) 5:30pm- Creative Cooking (1)		8:30am- Walking with America (1) 9am- Eat Smart, Live Strong. (2) 10am- Coffee with Community (1) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1)		8:30am- Walking with Dalia (1) 10am- Stress Management (2) 10am - Chair Yoga (2) 12pm- ESL with Liz (1) 2pm-Swimming safety (1) 4pm- Zumba (1)		10am- Summer Safety (2) 2pm- Life Skills (2) 3pm- Art Class (1) 5pm-Loteria(1)		9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)	
15	8:30am- 7pm	16	8:30am- 7pm	17	8:30am- 7pm	18	8:30am- 7pm	19	9am-12pm
8:30am- Walking with Dalia(1) 9am- Gentle Yoga (2) 10am- Gardening (1) 4pm- Zumba (1) 5:30pm- Creative Cooking (1)		8:30am- Walking with America (1) 9am- Eat Smart, Live Strong. (2) 12pm- Creative Cooking (1) 2pm- Fruit water with Aneli (1) 4pm- Biblical Counseling (1) 5pm- Saftey with Shreya (2)		8:30am- Walking With Dalia (1) 10am - Chair Yoga (2) 12pm- ESL with Margie (1) 2pm- Fit flow (1) 6pm- Finacial Literacy (2)		12pm- Healthy Meal prep (1) 2pm- Life Skills (2) 3pm-Bug Saftey (1) 5pm- Loteria (1)		9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)	
22	8:30am-7pm	23	8:30am-7pm	24	8:30am-7pm	25	8:30am-7pm	26	9am-12pm
8:30am- Walking with Dalia(1) 9am- Gentle Yoga (2) 10am- Gardening (1) 4pm- Zumba (1) 5:30pm- Creative Cooking (1)		8:30am- Walking with America (1) 9am- Eat Smart, Live Strong. (2) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1)		8:30am- Walking with Dalia(1) 10am- Stress Management (2) 10am - Chair Yoga (2) 12pm- ESL with Liz (1) 4pm- Zumba(1)		10am- Self Leadership (2) 12pm- Healthy Meal Prep (1) 2pm- Life Skills (2) 3pm- Art Class (1) 5pm-Loteria (1)		9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)	
29	8:30am-7pm	30	8:30am-7pm	31	8:30am-7pm				
8:30am- Walking with Dalia(1) 9am- Gentle Yoga (2) 10am- Gardening (1) 4pm- Zumba (1) 5:30pm- Creative Cooking (1)		8:30am- Walking with America (1) 9am- Eat Smart, Live Strong. (2) 12pm- Creative Cooking (1) 2pm- Fruit water with Aneli (1) 4pm- Biblical Counseling (1)		9am-11am- ESL with AC registration (1) 10am - Chair Yoga (2) 12pm- ESL with Liz (1) 2pm- Mental Health Matters just as much as Physical Health (1) 4pm- Zumba(1) 6pm-Money Matters(1)					

