

May 2023 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <i>10am-7pm</i></p> <p>8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Zumba (1) 4:30pm- Courage to Change- Spanish (1) 5pm- Walking Group (1) 5pm- Zumba (1) 5:30pm- ESL (1)</p>	<p>2 <i>8:30am-7pm</i></p> <p>8:30am- Walking Group (1) 9am- Step Up to Scale Down (2) 10am- Low Impact Fitness (1) 4pm- Biblical Counseling (1) 5pm- Walking Group (1) 5pm- Bingo (1)</p>	<p>3 <i>8:30am-7pm</i></p> <p>8:30am- Walking Group (1) 9:30am- Spanish Yoga (1) 12:30pm- Heart Health (1) 1pm- Zumba (1) 5pm- Walking Group (1) 5:30pm- ESL (1) 6pm- Financial Literacy (2)</p>	<p>4 <i>8:30am-7pm</i></p> <p>8:30am- Walking Group (1) 10:30am- Creative Cooking (1) 1pm- Chair Yoga (2) 1pm- Coping with Anxiety and Depression (1) 5pm- Walking Group (1) 5:30pm- Creative Cooking (1)</p>	<p>5 <i>9am-12pm</i></p> <p>9am- Walking Group (1) 10am- Zumba (1)</p>
<p>8 <i>8:30am-7pm</i></p> <p>8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Zumba (1) 2pm- Community Resources (1) 4:30pm- Courage to Change- English (1) 5pm- Walking Group (1) 5pm- Zumba (1) 5:30pm- ESL (1)</p>	<p>9 <i>8:30am-7pm</i></p> <p>8:30am- Walking Group (1) 10am- Low Impact Fitness (1) 4pm- Biblical Counseling (1) 5pm- Walking Group (1)</p>	<p>10 <i>8:30am-7pm</i></p> <p>8:30am- Walking Group (1) 9:30am- Spanish Yoga (1) 10:30am- SitFit (2) 1pm- Zumba (1) 5pm- Walking Group (1) 5:30pm- ESL (1)</p>	<p>11 <i>8:30am-7pm</i></p> <p>8:30am- Walking Group (1) 10:30am- Creative Cooking (1) 1pm- Chair Yoga (2) 1pm- Coping with Anxiety and Depression (1) 5pm- Walking Group (1) 5:30pm- Creative Cooking (1)</p>	<p>12 <i>9am-12pm</i></p> <p>9am- Walking Group (1) 10am- Zumba (1)</p>
<p>15 <i>8:30am-7pm</i></p> <p>8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Zumba (1) 4:30pm- Courage to Change- Spanish (1) 5pm- Walking Group (1) 5pm- Zumba (1)</p>	<p>16 <i>8:30am-7pm</i></p> <p>8:30am- Walking Group (1) 9am- Step Up to Scale Down (2) 10am- Low Impact Fitness (1) 4pm- Biblical Counseling (1) 5pm- Walking Group (1) 5pm- Lotería (1)</p>	<p>17 <i>8:30am-7pm</i></p> <p>8:30am- Walking Group (1) 9am- First Aid (2) 9:30am- Spanish Yoga (1) 12:30pm- Heart Health (1) 1pm- Zumba (1) 5pm- Walking Group (1) 6pm- Financial Literacy (2)</p>	<p>18 <i>8:30am-7pm</i></p> <p>8:30am- Walking Group (1) 9am- Bible Study (1) 10:30am- Creative Cooking (1) 1pm- Chair Yoga (2) 1pm- Coping with Anxiety and Depression (1) 5pm- Walking Group (1) 5:30pm- Creative Cooking (1)</p>	<p>19 <i>9am-12pm</i></p> <p>9am- Walking Group (1) 10am- Zumba (1) 11am- SitFit (1)</p>
<p>22 <i>8:30am-7pm</i></p> <p>8:30am- Walking Group (1) 9am- Gentle Yoga (2) 10am- Zumba (1) 1:30pm- Grow your own tomatoes (1) 2pm- Community Resources (1) 4:30pm- Courage to Change- English (1) 5pm- Walking Group (1) 5pm- Zumba (1)</p>	<p>23 <i>8:30am-7pm</i></p> <p>8:30am- Walking Group (1) 9am- Step Up to Scale Down (2) 10am- Low Impact Fitness (1) 10:30am- Oral Health for Children (1) 4pm- Biblical Counseling (1) 5pm- Walking Group (1)</p>	<p>24 <i>8:30am-7pm</i></p> <p>8:30am- Walking Group (1) 9:30am- Spanish Yoga (1) 1pm- Zumba (1) 5pm- Walking Group (1) 5:30pm- Body Mechanics (1)</p>	<p>25 <i>8:30am-7pm</i></p> <p>8:30am- Walking Group (1) 10:30am- Creative Cooking (1) 1pm- Chair Yoga (2) 1pm- Coping with Anxiety and Depression (1) 5pm- Walking Group (1) 5:30pm- Creative Cooking (1) 6pm- SitFit (2)</p>	<p>26 <i>9am-12pm</i></p> <p>9am- Walking Group (1) 10am- Zumba (1) 11am- Meal Prep (1)</p>