

October 2024 Wellness Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| | 1 8:30am-7pm | 2 8:30am-7pm | 3 8:30am-7pm | 4 9am- 12pm |
| | 9am-Staying Healthy (2) 10am-Spin (1) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1) | 9am- Zumba (1) 10am- Power ball recipe (1) 12pm- ESL with Liz(1) 2pm-Wellness Wednesday (1) | 10am-Citizenship Class (1) 12pm- Hispanic Heritage Craft (1) 2pm- Spin (1) 3pm- Art (1) 4pm-Loteria(1) | 9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1) |
| 7 8:30am- 7pm | 8 8:30am-7pm | 9 8:30am-7pm | 10 8:30am-7pm | 11 9am-12pm |
| 8:30am- Walking with Dalia(1) 9am- Gentle Yoga (2) 10am- Gardening (1) 10am- Zumba (1) 4pm- Life Skills (2) 5:30pm- Creative Cooking (1) | 9am- Staying Healthy (2) 10am-Spin (1) 12pm- Creative Cooking (1) 1-3pm- ATMOS Utility Assistance (NO POINTS) 2pm- Fruit water with Aneli (1) | 9am- Zumba (1) 10am- Stress Management (2) 10am- Chair Yoga (2) 12pm- ESL with Liz(1) 6pm- Financial Literacy (2) | 10am-Citizenship Class (1) 2pm- Spin (1) 4pm-Loteria(1) 4pm- Breast cancer awareness (2) | 9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Spin (1) |
| 14 8:30am- 7pm | 15 8:30am- 7pm | 16 8:30am- 7pm | 17 8:30am- 7pm | 18 9am-12pm |
| HTC CLOSED | 9am- Staying Healthy (2) 10am-Spin (1) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1) | 9am- Zumba (1) 10am- Chair Yoga (2) 12pm- ESL with Liz(1) 2pm- Wellness Wednesday (1) 3pm-Understanding over the counter meds (2) | 10am-Citizenship Class (1) 2pm- Spin (1) 3pm-Art(1) 4pm-Loteria(1) | 9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1) |
| 21 8:30am-7pm | 22 8:30am-7pm | 23 8:30am-7pm | 24 8:30am-7pm | 25 9am-12pm |
| 8:30am- Walking with Dalia(1) 9am- Gentle Yoga (2) 10am- Gardening (1) 10am- Zumba (1) 4pm- Life Skills (2) 5:30pm- Creative Cooking (1) | 9am- Staying Healthy (2) 10am-Spin (1) 11am-How to write a resume (2) 12pm- Creative Cooking (1) 2pm- Fruit water with Aneli (1) 4pm- Biblical Counseling (1) | 9am- Zumba (1) 10am- Stress Management (2) 10am- Chair Yoga (2) 12pm- ESL with Liz (1) 2pm- Mental Health Matters just as much as Physical Health (1) 6pm- Financial Literacy (2) | 10am- Improving memory Skills (2) 10am- Citizenship Class (1) 2pm-Spin (1) 4pm-Loteria(1) 4pm- Breast cancer awareness (2) | 9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am-Spin (1) |
| 28 8:30am-7pm | 29 8:30am-7pm | 30 8:30am-7pm | 31 8:30am-7pm | 9am-12pm |
| 8:30am- Walking with Dalia(1) 9am- Gentle Yoga (2) 10am- Gardening (1) 10am- Zumba (1) 4pm- Life Skills (2) 5:30pm- Creative Cooking (1) | 9am- Staying Healthy (2) 10am-Spin (1) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1) | 9am- Zumba (1) 10am- Chair Yoga (2) 12pm- ESL with Liz(1) 2pm- Wellness Wednesday (1) 6pm-Money Matters (1) | 10am- Citizenship Class (1) 12pm-Fall Arrangements (1) 2pm-Spin (1) 4pm-Loteria(1) | |

