



January 2023 Exercise Calendar



Be sure to check the Announcements tab for FREE items given out during certain classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 8:30 AM - 7:00 PM 8:30 am - Walking Group 9 am - Gentle Yoga (Hybrid) 5 pm - Walking Group	3 8:30 AM - 7:00 PM 8:30 am - Walking Group 9 am - Mind Matters (Hybrid) 5 pm - Walking Group	4 8:30 AM - 7:00 PM 8:30 am - Walking Group 1pm- Learning to Lift (Dalia) 5 pm - Walking Group	5 8:30 AM - 7:00 PM 8:30 am - Walking Group 10:30 am - Light Lifts 1 pm - Chair Yoga (Hybrid) 5 pm - Walking Group	6 9:00 AM - 12:00 PM 9 am - Walking Group	7 CLOSED
9 8:30 AM - 7:00 PM 8:30 am - Walking Group 9 am - Gentle Yoga (Hybrid) 5 pm - Walking Group	10 8:30 AM - 7:00 PM 8:30 am - Walking Group 9 am - Mind Matters (Hybrid) 5 pm - Walking Group	11 8:30 AM - 7:00 PM 8:30 am - Walking Group 9:30 am - Spanish Yoga 1pm- Learning to Lift 5 pm - Walking Group	12 8:30 AM - 7:00 PM 8:30 am - Walking Group 1 pm - Chair Yoga (Hybrid) 5 pm - Walking Group	13 9:00 AM - 12:00 PM 9 am - Walking Group	14 CLOSED
16 CLOSED	17 8:30 AM - 7:00 PM 8:30 am - Walking Group 9 am - Mind Matters (Hybrid) 5 pm - Walking Group	18 8:30 AM - 7:00 PM 8:30 am - Walking Group 9:30 am - Spanish Yoga 10:30 am - SitFit (Hybrid) 1pm- Learning to Lift 5 pm - Walking Group	19 8:30 AM - 7:00 PM 8:30 am - Walking Group 10:30 am - Light Lifts 1 pm - Chair Yoga (Hybrid) 5 pm - Walking Group	20 9:00 AM - 12:00 PM 9 am - Walking Group	21 CLOSED
23 8:30 AM - 7:00 PM 8:30 am - Walking Group 9 am - Gentle Yoga (Hybrid) 5 pm - Walking Group	24 8:30 AM - 7:00 PM 8:30 am - Walking Group 9 am - Mind Matters (Hybrid) 5 pm - Walking Group	25 8:30 AM - 7:00 PM 8:30 am - Walking Group 9:30 am - Spanish Yoga 1pm- Learning to Lift 5 pm - Walking Group	26 8:30 AM - 7:00 PM 8:30 am - Walking Group 1 pm - Chair Yoga (Hybrid) 5 pm - Walking Group	27 9:00 AM - 12:00 PM 9 am - Walking Group	28 CLOSED
30 CLOSED	31 8:30 AM - 7:00 PM 8:30 am - Walking Group 9 am - Mind Matters (Hybrid) 5 pm - Walking Group			ANNOUNCEMENTS	
CLINIC CLOSED				PATIENTS WHO ATTEND DIABETIC FOOT HEALTH ON 01/17 WILL RECEIVE A FREE PAIR OF SHOES AND SOCKS	



January 2023 Enrichment Calendar



Be sure to check the Announcements tab for FREE items given out during certain classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 8:30 AM – 7:00 PM 9 am – Gentle Yoga (Hybrid)	3 8:30 AM – 7:00 PM 9 am – Mind Matters (Hybrid) 4 pm – Biblical Counseling	4 8:30 AM – 7:00 PM 9 am – Hypertension Medication Education 6 pm – Financial Literacy	5 8:30 AM – 7:00 PM 10:30 am – Creative Cooking 1 pm – Chair Yoga (Hybrid) 5:30 pm – Creative Cooking	6 9:00 AM – 12:00 PM	7 CLOSED
9 8:30 AM – 7:00 PM 9 am – Gentle Yoga (Hybrid) 10:30 am – Mental Wellness	10 8:30 AM – 7:00 PM 9 am – Mind Matters (Hybrid) 10am – Creative Organization 4 pm – Biblical Counseling 5 pm – Bingo	11 8:30 AM – 7:00 PM 10:30 am – Creative Cooking with Hypertension 12:30 pm – Heart Health 5:30 pm – What is Hypertension?	12 8:30 AM – 7:00 PM 10:30 am – Creative Cooking 1 pm – Chair Yoga (Hybrid) 5:30 pm – Creative Cooking	13 9:00 AM – 12:00 PM	14 CLOSED
16 CLOSED	17 8:30 AM – 7:00 PM 9 am – Mind Matters (Hybrid) 10am – Creative Organization 4 pm – Biblical Counseling 5:30 pm – Diabetic Foot	18 8:30 AM – 7:00 PM 9 am – Diabetes Medication Education 10:30 am – SitFit (Hybrid) 12:30 pm – Heart Health 5:30 pm - ESL 6 pm – Financial Literacy	19 8:30 AM – 7:00 PM 10:30 am – Creative Cooking 1 pm – Chair Yoga (Hybrid) 5:30 pm – Creative Cooking	20 9:00 AM – 12:00 PM	21 CLOSED
MARTIN LUTHER KING JR. DAY					
23 8:30 AM – 7:00 PM 9 am – Gentle Yoga (Hybrid) 9 am - Painting 10:30 am – Eating with Diabetes 5:30 pm - ESL	24 8:30 AM – 7:00 PM 9 am – Mind Matters (Hybrid) 10am – Creative Organization 4 pm – Biblical Counseling 5 pm – Lotería	25 8:30 AM – 7:00 PM 12 pm – Healthy You 12:30 am – Heart Health 5:30 pm – What is Hypertension? 5:30 pm - ESL 6 pm – Money Matters	26 8:30 AM – 7:00 PM 10:30 am – Creative Cooking 1 pm – Chair Yoga (Hybrid) 5:30 pm – Creative Cooking	27 9:00 AM – 12:00 PM	28 CLOSED
30 CLOSED	31 8:30 AM – 7:00 PM 9 am – Mind Matters (Hybrid) 4 pm – Biblical Counseling			ANNOUCEMENTS	
CLINIC CLOSED				PATIENTS WHO ATTEND DIABETIC FOOT HEALTH ON 01/17 WILL RECEIVE A FREE PAIR OF SHOES AND SOCKS	

