

# August 2024 Wellness Calendar

| Monday  |  | Tuesday   |  | Wednesday  |  | Thursday  |  | Friday   |  |
|---|--|---|--|--|--|---|--|--|--|
| 8:30am-7pm  |  | 8:30am-7pm  |  | 8:30am-7pm   |  | 1 8:30am-7pm  |  | 2 9am- 12pm  |  |
|   |  |   |  |  |  | 2pm- Life Skills (2)<br>3pm-Spin(1)<br>5pm-Loteria(1)   |  | 9am- Walking Group (1)<br>9:30am- HIIT with Dalia (1)<br>10am- Zumba (1) |  |
| 5 8:30am- 7pm   |  | 6 8:30am-7pm  |  | 7 8:30am-7pm   |  | 8 8:30am-7pm  |  | 9 9am-12pm   |  |
| <b>HTC CLOSED</b>   |  | 8:30am- Walking with America (1)<br>9am- Eat Smart, Live Strong. (2)<br>12pm- Creative Cooking (1)<br>2pm- Self-care Routine(1)<br>4pm- Biblical Counseling (1)   |  | 8:30am- Walking with Dalia (1)<br>9am- Stress Management (2)<br>10am- Chair Yoga (2)<br>2pm-Wellness Wednesday (1)<br>4pm-Zumba (1)<br>6pm-Finacial Literacy (1)                             |  | 2pm- Life Skills (2)<br>3pm- Art Class (1)<br>4pm-DIY Body Scrub(1)<br>5pm-Loteria(1)   |  | 9am- Walking Group (1)<br>9:30am- HIIT with Dalia (1)<br>10am- Spin (1)  |  |
| 12 8:30am- 7pm  |  | 13 8:30am- 7pm  |  | 14 8:30am- 7pm   |  | 15 8:30am- 7pm  |  | 16 9am-12pm  |  |
| 8:30am- Walking with Dalia(1)<br>9am- Gentle Yoga (2)<br>10am- Gardening (1)<br>5:30pm- Creative Cooking (1)                    |  | 8:30am- Walking with America (1)<br>12pm- Creative Cooking (1)<br>2pm- Fruit water with Aneli (1)<br>4pm- Biblical Counseling (1)   |  | 8:30am- Walking With Dalia (1)<br>12pm- ESL with Liz(1)<br>2pm- Wellness Wendsday (1)<br>4pm-Zumba (1)   |  | 10am-Citizenship Class (1)<br>2pm- Life Skills (2)<br>3pm-Spin(1)<br>5pm-Loteria(1)   |  | 9am- Walking Group (1)<br>9:30am- HIIT with Dalia (1)<br>10am- Zumba (1) |  |
| 19 8:30am-7pm   |  | 20 8:30am-7pm   |  | 21 8:30am-7pm  |  | 22 8:30am-7pm   |  | 23 9am-12pm  |  |
| 8:30am- Walking with Dalia(1)<br>9am- Yoga (2)<br>10am- Zumba (1)<br>5:30pm- Creative Cooking (1)                               |  | 8:30am- Walking with America (1)<br>9am- Eat Smart, Live Strong. (2)<br>10am-Spin (1)<br>12pm- Creative Cooking (1)<br>2pm- Self-care Routine(1)<br>4pm- Biblical Counseling (1)  |  | 8:30am- Walking with Dalia(1)<br>10am- Stress Management (2)<br>10am - Chair Yoga (2)<br>12pm- ESL with Liz (1)<br>2pm- Wellness Wendsday (1)<br>4pm-Zumba (1)<br>6pm- Finacial Literacy (2) |  | 10am-Seven Habits of Highly Effective People (2)<br>10am- Citizenship Class (1)<br>2pm- Life Skills (2)<br>3pm- Art Class (1)<br>4pm-Meditation (1)<br>5pm-Loteria(1) |  | 9am- Walking Group (1)<br>9:30am- HIIT with Dalia (1)<br>10am- Zumba (1) |  |
| 26 8:30am-7pm   |  | 27 8:30am-7pm   |  | 28 8:30am-7pm  |  | 29 8:30am-7pm   |  | 30 9am-12pm  |  |
| 8:30am- Walking with Dalia(1)<br>9am- Gentle Yoga (2)<br>10am- Gardening (1)<br>10am- Zumba (1)<br>5:30pm- Creative Cooking (1) |  | 8:30am- Walking with America (1)<br>9am- Eat Smart, Live Strong. (2)<br>10am-Spin (1)<br>12pm- Creative Cooking (1)<br>2pm- Fruit water with Aneli (1)<br>4pm- Biblical Counseling (1)<br>5:30pm-Diabetic Skin Care (2) |  | 8:30am-Walking with Dalia<br>10am - Chair Yoga (2)<br>12pm- ESL with Liz (1)<br>2pm- Mental Health Matters just as much as Physical Health (1)<br>4pm- Zumba(1)<br>6pm-Money Matters(1)      |  | 10am- Citizenship Class (1)<br>2pm- Life Skills (2)<br>3pm-Spin (1)<br>5pm-Loteria (1)<br>5:30pm-Wellness with Shreya (1)   |  | 9am- Walking Group (1)<br>9:30am- HIIT with Dalia (1)<br>10am- Zumba (1) |  |

