


January 2024
January Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Wellness Center Closed -New Year's Day 1	9:00 ☉ Water Aerobics [P] 2 1:30 🦋 Tai Chi [CC] 3:00 ☉ Yoga [CC] 4:00 ☉ Water Aerobics [P]	3	9:00 ☉ Water Aerobics [P] 4 11:00 ☉ Strength Training [V]	9:00 ☉ Water Aerobics [P] 5 11:00 ☉ Balance and Flex [CC]	Wellness Center Closed 6
Wellness Center 1:00pm-5:00pm 7	8	9:00 ☉ Water Aerobics [P] 9 1:30 🦋 Tai Chi [CC] 4:00 ☉ Water Aerobics [P]	10	9:00 ☉ Water Aerobics [P] 11 11:00 ☉ Strength Training [V] 4:00 ☉ Water Aerobics [P]	12	Wellness Center Closed 13
Wellness Center 1:00pm-5:00pm 14	9:00 ☉ Water Aerobics [P] 15 11:00 ☉ Strength Training [V]	9:00 ☉ Water Aerobics [P] 16 1:30 🦋 Tai Chi [CC] 3:00 ☉ Yoga [CC] 4:00 ☉ Water Aerobics [P]	17	9:00 ☉ Water Aerobics [P] 18 11:00 ☉ Strength Training [V] 4:00 ☉ Water Aerobics [P]	9:00 ☉ Water Aerobics [P] 19 11:00 ☉ Balance and Flex [CC]	Wellness Center Closed 20
Wellness Center 1:00pm-5:00pm 21	9:00 ☉ Water Aerobics [P] 22 11:00 ☉ Strength Training [V]	9:00 ☉ Water Aerobics [P] 23 1:30 🦋 Tai Chi [CC] 3:00 ☉ Yoga [CC] 4:00 ☉ Water Aerobics [P]	24	9:00 ☉ Water Aerobics [P] 25 11:00 ☉ Strength Training [V] 4:00 ☉ Water Aerobics [P]	9:00 ☉ Water Aerobics [P] 26 11:00 ☉ Balance and Flex [CC]	Wellness Center Closed 27
Wellness Center 1:00pm-5:00pm 28	9:00 ☉ Water Aerobics [P] 29 11:00 ☉ Strength Training [V]	9:00 ☉ Water Aerobics [P] 30 1:30 🦋 Tai Chi [CC] 3:00 ☉ Yoga [CC] 4:00 ☉ Water Aerobics [P]	31	CC = Community Center P = Pool V = Villa Activity Room VS = Villa Sunroom "You must be the change you wish to see in the world." — Mohandas Gandhi		