

# October Wellness Calendar 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 Exercises <b>WC</b> 11:00 <b>MCU</b> Exercise Class 11:15 Body and Soul <b>WC</b>
4 9:30 Exercises---- <b>WC</b> 11:15 Young at Heart ----- <b>WC</b>	5 9:30 Exercises <b>WC</b> 11:00 <b>HC1</b> Exercises Class	6 9:30 Exercises---- <b>WC</b> 11:15 Young at Heart ----- <b>WC</b>	7 9:30 Exercises <b>WC</b> 11:00 <b>HC1</b> Exercises Class	8 9:30 Exercises <b>WC</b> 11:15 Body and Soul <b>WC</b> 2:00 Wii Bowling <b>WC</b>
11 9:30 Exercises---- <b>WC</b> 11:15 Young at Heart ----- <b>WC</b>	12 9:30 Exercises <b>WC</b> 11:00 <b>HC1</b> Exercises Class	13 9:30 Exercises---- <b>WC</b> 11:15 Young at Heart ----- <b>WC</b>	14 9:30 Exercises <b>WC</b> 11:00 <b>HC1</b> Exercises Class	15 9:30 Exercises <b>WC</b> 11:00 <b>MCU</b> Exercise Class 11:15 Body and Soul <b>WC</b>
18 9:30 Exercises---- <b>WC</b> 11:15 Young at Heart ----- <b>WC</b>	19 9:30 Exercises <b>WC</b> 11:00 <b>HC1</b> Exercises Class	20 9:30 Exercises---- <b>WC</b> 11:15 Young at Heart ----- <b>WC</b>	21 9:30 Exercises <b>WC</b> 11:00 <b>HC1</b> Exercises Class	22 9:30 Exercises <b>WC</b> 11:00 <b>MCU</b> Exercise Class 11:15 Body and Soul <b>WC</b> 2:00 Wii Bowling <b>WC</b>
25 9:30 Exercises---- <b>WC</b> 11:15 Young at Heart ----- <b>WC</b>	26 9:30 Exercises <b>WC</b> 11:00 <b>HC1</b> Exercises Class	27 9:30 Exercises---- <b>WC</b> 11:15 Young at Heart ----- <b>WC</b>	28 9:30 Exercises <b>WC</b> 11:00 <b>HC1</b> Exercises Class	29 9:30 Exercises <b>WC</b> 11:15 Body and Soul <b>WC</b> 2:00 Wii Bowling <b>WC</b>