



October 2021 Wellness Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 12 pm – Water Aerobics @ Warford
4 9 am – Yoga w/ Sharon @ Heal the City 1 pm – Water Aerobics @ Warford	5 9:30 am – Mind Matters series @ Heal the City 10:30 am – Tai Chi @ Heal the City 1 pm – Yoga Flow w/ Jenn @ Heal the City 6 pm – Water Aerobics @ Warford	6 8:30 am – Walking Group @ Sam Houston Park (Meet @ Stage) 10:00 am – Stress & Anxiety series @ Heal the City 11 am – SitFit @ Heal the City 1 pm – Water Aerobics @ Warford	7 10:30 am – Creative Cooking @ Heal the City 4 pm – Drawing @ Heal the City 6 pm – Water Aerobics @ Warford	8	9 12 pm – Water Aerobics @ Warford
11 No Yoga w/ Sharon today! 1 pm – Water Aerobics @ Warford	12 9:30 am – Mind Matters series @ Heal the City 10:30 am – Tai Chi @ Heal the City 1 pm – Yoga Flow w/ Jenn @ Heal the City 6 pm – Water Aerobics @ Warford	13 8:30 am – Walking Group @ Sam Houston Park (Meet @ Stage) 10:00 am – Stress & Anxiety series @ Heal the City 11 am – SitFit @ Heal the City 1 pm – Water Aerobics @ Warford	14 10:30 am – Creative Cooking @ Heal the City 4 pm – Drawing @ Heal the City 6 pm – Water Aerobics @ Warford	15	16 12 pm – Water Aerobics @ Warford
18 9 am – Yoga w/ Sharon @ Heal the City 1 pm – Water Aerobics @ Warford	19 9:30 am – Mind Matters series @ Heal the City 10:30 am – Tai Chi @ Heal the City 1 pm – Yoga Flow w/ Jenn @ Heal the City 6 pm – Water Aerobics @ Warford	20 8:30 am – Walking Group @ Sam Houston Park (Meet @ Stage) 10:00 am – Stress & Anxiety series @ Heal the City 11 am – SitFit @ Heal the City 1 pm – Water Aerobics @ Warford	21 10:30 am – Creative Cooking @ Heal the City 4 pm – Drawing @ Heal the City 6 pm – Water Aerobics @ Warford	22	23 12 pm – Water Aerobics @ Warford
25 9 am – Yoga w/ Sharon @ Heal the City 1 pm – Water Aerobics @ Warford	26 9:30 am – Mind Matters series @ Heal the City 10:30 am – Tai Chi @ Heal the City 1 pm – Yoga Flow w/ Jenn @ Heal the City 6 pm – Water Aerobics @ Warford	27 8:30 am – Walking Group @ Sam Houston Park (Meet @ Stage) 10:00 am – Stress & Anxiety series @ Heal the City 11 am – SitFit @ Heal the City 1 pm – Water Aerobics @ Warford	28 10:30 am – Creative Cooking @ Heal the City 4 pm – Drawing @ Heal the City 6 pm – Water Aerobics @ Warford	29	30 12 pm – Water Aerobics @ Warford