

October

2024



WELLNESS CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Noon Hoops 11:30 AM - Gym	3	4	5
6	7 Noon Hoops 11:30 AM - Gym	8 Circuit with Alex 5:15 PM – Gym Walk & Talk 2:00 PM – Tomcat	9 Noon Hoops 11:30 AM - Gym Walk & Talk 2:00 PM – Tomcat	10 Yoga with Than 5:15 PM -Art Gallery Walk & Talk 2:00 PM – Tomcat	11 Noon Hoops 11:30 AM - Gym	12
13	14 Noon Hoops 11:30 AM - Gym Walk & Talk 2:00 PM – Tomcat	15 Circuit with Alex 5:15 PM – Gym Walk & Talk 2:00 PM – Tomcat	16 Noon Hoops 11:30 AM - Gym Walk & Talk 2:00 PM – Tomcat	17 Yoga with Than 5:15 PM -Art Gallery Walk & Talk 2:00 PM – Tomcat	18 Noon Hoops 11:30 AM - Gym	19
20	21 Noon Hoops 11:30 AM - Gym Walk & Talk 2:00 PM – Tomcat Meditation 4:00 PM – Chapel	22 Circuit with Alex 5:15 PM – Gym Walk & Talk 2:00 PM – Tomcat	23 Noon Hoops 11:30 AM - Gym Walk & Talk 2:00 PM – Tomcat	24 Yoga with Than 5:15 PM -Art Gallery Walk & Talk 2:00 PM – Tomcat	25 Noon Hoops 11:30 AM - Gym	26
27	28 Noon Hoops 11:30 AM - Gym Walk & Talk 2:00 PM – Tomcat	29 Circuit with Alex 5:15 PM – Gym Walk & Talk 2:00 PM – Tomcat	30 Noon Hoops 11:30 AM - Gym Walk & Talk 2:00 PM – Tomcat	31 Yoga with Than 5:15 PM -Art Gallery Walk & Talk  2:00 PM – Tomcat	<i>Live Healthy • Be Well •</i>	

<p><u>Walk & Talk</u></p> <p>Join the Wellness Committee's 'Walk and Talk'. Enjoy conversation with your co-workers while engaging in beneficial exercise. 2:00 PM, M-Th. Meet at the Tomcat.</p>	<p><u>Yoga with Than</u></p> <p>Learn some yoga moves with Than Each Thursday in the Art Gallery at 5:15 PM. * No experience necessary</p>	<p><u>Noon Hoops</u></p> <p>Enjoy playing basketball? Join the Noon Hoops each Monday, Wednesday & Friday at 11:30 AM in the Gym.</p>	<p><u>Meditation</u></p> <p>Take time to de-stress and participate in the Mindfulness/mediation sessions on the third Monday of each month at 4:00 PM in the Chapel.</p>	<p><u>Circuit with Alex</u></p> <p>Want to gain muscle strength? Join Alex in the Gym at 5:15 PM each Tuesday for strength and conditioning training.</p>
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