

May 2022 Wellness Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Pool Open 6a – 2p Pickleball 9am-1pm Fitness Center Coaching 9a-10a	3 Pool Open 6a – 2p Walking Club – 9a (meet in Pool Lobby)	4 Pool Open 6a – 2p Pickleball 9am-1pm Sit and Be Fit – 230p - GYM	5 Pool Open 6a – 2p Walking Club – 10a (meet in Pool Lobby)	6 Pool Open 6a – 2p Pickleball 9am-1pm Coffee Social – 9a (Pool Lobby)	7 Pool Open 1-5
8	9 Pool Open 6a – 2p Pickleball 9am-1pm Fitness Center Coaching 9a-10a	10 Pool Open 6a – 2p Walking Club – 9a (meet in Pool Lobby)	11 Pool Open 6a – 2p Pickleball 9am-1pm Sit and Be Fit – 230p - GYM	12 Pool Open 6a – 2p Walking Club – 10a (meet in Pool Lobby)	13 Pool Open 6a – 2p Pickleball 9am-1pm Coffee Social – 9a (Pool Lobby)	14 Pool Open 1-5
15	16 Pool Open 6a – 2p Pickleball 9am-1pm Fitness Center Coaching 9-10a	17 Pool Open 6a – 2p Walking Club – 9a (meet in Pool Lobby)	18 Pool Open 6a – 2p Pickleball 9am-1pm Sit and be fit-230p GYM	19 Pool Open 6a – 2p Walking Club – 10a (meet in Pool Lobby)	20 Pickleball 9am-1pm Coffee Social – 9a (Pool Lobby)	21 Pool Open 1-5
22	23 Pool Open 6a – 2p Pickleball 9am-1pm Fitness Center Coaching 9a-10a	24 Pool Open 6a – 2p Walking Club – 9a (meet in Pool Lobby)	25 Pool Open 6a – 2p Pickleball 9am-1pm Sit and Be Fit – 230p - GYM	26 Pool Open 6a – 2p Walking Club – 10a (meet in Pool Lobby)	27 Pool Open 6a – 2p Pickleball 9am-1pm Coffee Social – 9a (Pool Lobby)	28 Pool Open 1-5
29	30 Pool and Wellness Office Closed for Memorial Day	31 Pool Open 6a – 2p Walking Club – 9a (meet in Pool Lobby)			Coffee Social in Pool Lobby Sit and Be Fit in Gym Pickleball in Gym	Fitness Center Coaching in the Fitness Center

Activities subject to change