

# September 2024 Wellness Calendar

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| 2<br>closed   | 3<br>8:30am-7pm  | 4<br>8:30am-7pm   | 5<br>8:30am-7pm  | 6<br>9am- 12pm   |
| <b>HTC CLOSED</b>   | 9am-Staying Healthy (2)<br>10am-Spin (1)<br>12pm- Creative Cooking (1)   | 8:30am- Walking with Dalia (1)<br>10am- Chair Yoga (2)<br>12pm- ESL with Liz(1)<br>2pm-Wellness Wednesday (1)<br>4pm-Zumba (1)  | 10am-Citizenship Class (1)<br>3pm-Spin(1)<br>4pm-Loteria(1)  | 9am- Walking Group (1)<br>9:30am- HIIT with Dalia (1)<br>10am- Zumba (1) |
| 9<br>8:30am- 7pm  | 10<br>8:30am-7pm   | 11<br>8:30am-7pm  | 12<br>8:30am-7pm   | 13<br>9am-12pm   |
| 8:30am- Walking with Dalia(1)<br>9am- Gentle Yoga (2)<br>10am- Gardening (1)<br>10am- Zumba (1)<br>4pm- Life Skills (2)<br>5:30pm- Creative Cooking (1) | 9am- Staying Healthy (2)<br>10am-Spin (1)<br>12pm- Creative Cooking (1)<br>2pm- Fruit water with Aneli (1)<br>4pm- Biblical Counseling (1) | 8:30am- Walking with Dalia (1)<br>9am- Stress Management (2)<br>10am- Chair Yoga (2)<br>12pm- ESL with Liz(1)<br>2pm-Wellness Wednesday (1)<br>4pm-Zumba (1)<br>6pm-Finacial Literacy (2)                                       | 10am-Citizenship Class (1)<br>3pm- Art Class (1)<br>4pm-Loteria(1)   | 9am- Walking Group (1)<br>9:30am- HIIT with Dalia (1)<br>10am- Spin (1)  |
| 16<br>8:30am- 7pm   | 17<br>8:30am- 7pm  | 18<br>8:30am- 7pm   | 19<br>8:30am- 7pm  | 20<br>9am-12pm   |
| 8:30am- Walking with Dalia(1)<br>9am- Gentle Yoga (2)<br>10am- Gardening (1)<br>4pm- Life Skills (2)<br>5:30pm- Creative Cooking (1)                    | 9am- Staying Healthy (2)<br>10am-Spin (1)<br>12pm- Creative Cooking (1)<br>4pm- Biblical Counseling (1)                                    | 8:30am- Walking With Dalia (1)<br>10am- Chair Yoga (2)<br>12pm- ESL with Liz(1)<br>2pm-Wellness Wednesday (1)<br>4pm-Zumba (1)  | 10am-Citizenship Class (1)<br>12pm- Hispanic Heritage Craft (1)<br>3pm- Spin (1)<br>4pm-Loteria(1)   | 9am- Walking Group (1)<br>9:30am- HIIT with Dalia (1)<br>10am- Zumba (1) |
| 23<br>8:30am-7pm  | 24<br>8:30am-7pm   | 25<br>8:30am-7pm  | 26<br>8:30am-7pm   | 27<br>9am-12pm   |
| 8:30am- Walking with Dalia(1)<br>9am- Gentle Yoga (2)<br>10am- Gardening (1)<br>10am- Zumba (1)<br>4pm- Life Skills (2)<br>5:30pm- Creative Cooking (1) | 9am- Staying Healthy (2)<br>10am-Spin (1)<br>12pm- Creative Cooking (1)<br>2pm- Fruit water with Aneli (1)<br>4pm- Biblical Counseling (1) | 8:30am- Walking with Dalia(1)<br>10am- Stress Management (2)<br>10am- Chair Yoga (2)<br>12pm- ESL with Liz (1)<br>2pm- Mental Health Matters just as much as Physical Health (1)<br>4pm-Zumba (1)<br>6pm- Finacial Literacy (2) | 10am- How to Prepare for a Job Fair (2)<br>10am- Citizenship Class (1)<br>12pm- Hispanic Heritage Craft (1)<br>3pm-Art Class (1)<br>4pm-Loteria(1) | 9am- Walking Group (1)<br>9:30am- HIIT with Dalia (1)<br>10am-Spin (1)   |
| 30<br>8:30am-7pm  | 8:30am-7pm   | 8:30am-7pm  | 8:30am-7pm   | 9am-12pm   |
| 8:30am- Walking with Dalia(1)<br>9am- Gentle Yoga (2)<br>10am- Gardening (1)<br>10am- Zumba (1)<br>4pm- Life Skills (2)<br>5:30pm- Creative Cooking (1) |  |   |  |  |

