





# Wellness Calendar

# July, 2019

AR 1= Activities Room 1  
AR 2= Activities Room 2  
AR 3=Activities Room 3

FH = Founder's Hall  
LB = Library  
PBC= Pickle Ball

FP = Founder's Hall Pool  
VP = Villa Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR1 2:00 PB Advanced Play PBC	<b>2</b> 8:00 PB Drills/Practice PBC 8:30 Yoga w/ Sylvia AR 1 9:15 H2O Aerobics w/Betty FP 10:00 Pickle Pals PBC 2:00 PB Advanced Play PBC	<b>3</b> 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Dot FP 2:00 PB Advanced Play PBC	<b>4</b> 7:30 WAMBAM AR 2 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC	<b>5</b> 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR 1 2:00 PB Advanced Play PBC	<b>6</b> 10:00 Open Tennis TC 10:15 H2O Aerobics w/Betty FP 3:00 Shuffleboard
<b>7</b> 2:00 Bocce Ball National Hot Dog Month 	<b>8</b> 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR1 2:00 PB Advanced Play PBC	<b>9</b> 8:00 PB Drills/Practice PBC 8:30 Yoga w/ Sylvia AR 1 9:15 H2O Aerobics w/Betty FP 10:00 Pickle Pals PBC 2:00 PB Advanced Play PBC	<b>10</b> 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Dot FP 2:00 PB Advanced Play PBC	<b>11</b> 7:30 WAMBAM AR 2 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC	<b>12</b> 8:00 PB Drills/Practice PBC 9:00 Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR 1 2:00 PB Advanced Play PBC	<b>13</b> 10:00 Open Tennis TC 10:15 H2O Aerobics w/Betty FP 3:00 Shuffleboard National Delaware Day 
<b>14</b> 2:00 Bocce Ball	<b>15</b> 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR1 2:00 PB Advanced Play PBC	<b>16</b> 8:00 PB Drills/Practice PBC 8:30 Yoga w/ Sylvia AR 1 9:15 H2O Aerobics w/Betty FP 10:00 Pickle Pals PBC 2:00 PB Advanced Play PBC	<b>17</b> 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Dot FP 2:00 PB Advanced Play PBC	<b>18</b> 7:30 WAMBAM AR 2 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC	<b>19</b> 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR 1 2:00 PB Advanced Play PBC	<b>20</b> 10:00 Open Tennis TC 10:15 H2O Aerobics w/Betty FP 3:00 Shuffleboard
<b>21</b> 2:00 Bocce Ball National Ice Cream Day 	<b>22</b> 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR1 2:00 PB Advanced Play PBC	<b>23</b> 8:00 PB Drills/Practice PBC 8:30 Yoga w/ Sylvia AR 1 9:15 H2O Aerobics w/Betty FP 10:00 Pickle Pals PBC 2:00 PB Advanced Play PBC	<b>24</b> 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Dot FP 2:00 PB Advanced Play PBC	<b>25</b> 7:30 WAMBAM AR 2 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Betty FP 2:00 PB Adv. Play Men's PBC	<b>26</b> 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR 1 2:00 PB Advanced Play PBC	<b>27</b> 10:00 Open Tennis TC 10:15 H2O Aerobics w/Betty FP 3:00 Shuffleboard
<b>28</b> 2:00 Bocce Ball	<b>29</b> 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/ Dot FP 9:30 Senior Fitness Class AR1 2:00 PB Advanced Play PBC	<b>30</b> 8:00 PB Drills/Practice PBC 8:30 Yoga w/ Sylvia AR 1 9:15 H2O Aerobics w/Betty FP 10:00 Pickle Pals PBC 2:00 PB Advanced Play PBC	<b>31</b> 8:00 Fitness Together FH 8:00 PB Drills/Practice PBC 9:00 PB Open Play PBC 9:15 H2O Aerobics w/Dot FP 2:00 PB Advanced Play PBC			