



October Wellness Calendar

Monday



Tuesday



Wednesday



Thursday

Friday

5

Indoor Walk
 **YouTube**

6

BCA 
Walk
Weigh in 8:30 am

7

Workout
with
Roy & Jacob

8

Tai chi
 **YouTube**

9

Dance
 **YouTube**

12

Workout
with
Wakime

13

Balance
 **YouTube**

14

Music Therapy
with
Madison

15

Zumba
 **YouTube**

16

Raffle
Karaoke
with Dawn

19

Stretch
 **YouTube**

20

Seated workout
 **YouTube**
Weigh in 8:30 am

21

Ballroom
Basics with
Michael Ramirez

22

Indoor Walk
 **YouTube**

23

Tai chi
 **YouTube**

26

Dance
 **YouTube**

27

Balance
 **YouTube**

28

Workout
with
Roy & Jacob

29

Zumba
 **YouTube**

30



**COSTUME
PARADE**

All activities take place in the 151 Sheldon Rd. fitness center starting at 12:30 pm and are open to all people served and staff.
Please see Amanda Moore with any questions. amoore@marcct.org