



May Wellness Calendar

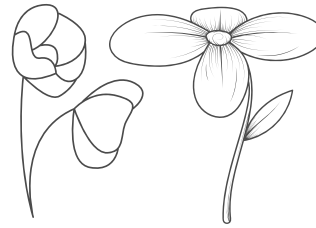
Monday



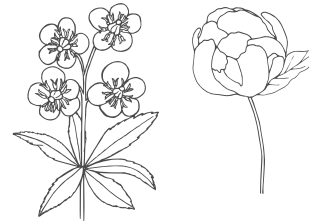
Tuesday










Wednesday



Thursday



Friday

4 WORKOUT WITH ROY	5 WELLNESS WALK	6 BALANCE  YouTube	7 MARC'S GOT TALENT AUDITIONS	1 WELLNESS WALK
11 DANCE  YouTube	12 SEATED WORKOUT  YouTube	13 MUSIC THERAPY WITH MADISON	14 TAI CHI  YouTube	8 WELLNESS WALK
18 STRETCH  YouTube	19 WELLNESS WALK	20 INDOOR WALK  YouTube	21 ZUMBA  YouTube	15 WELLNESS WALK
25 MARC CLOSED MEMORIAL DAY	26 SEATED WORKOUT  YouTube	27 WORKOUT WITH ROY & JACOB	28 MARC'S GOT TALENT PRACTICE	22 SHARE YOUR TALENT WITH DAWN RUSSELL
				29 WELLNESS WALK

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