

Monday	Tuesday	Wednesday	Thursday	Friday
 October 2025 WELLNESS CALENDAR		9am-Water Aerobics 1 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	9-11am-Open Swim 2 10-Corn Hole 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	9am-Water Aerobics 3 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 6 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	9-11am-Open Swim 7 11am-ZIGGY THE PARROT (Community Room) 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	9am-Water Aerobics 8 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	9-11am-Open Swim 9 10-Corn Hole 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	9am-Water Aerobics 10 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 13 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	9-11am-Open Swim 14 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	9am-Water Aerobics 15 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	9-11am-Open Swim 16 10-Corn Hole 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	9am-Water Aerobics 17 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 20 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	9-11am-Open Swim 21 10-30-Greenway Walk & Green Goat Lunch (Reservation Only) 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	9am-Water Aerobics 22 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	9-11am-Open Swim 23 10-Corn Hole 11am-Cardio Drums 1pm-Chair Volleyball 2:00- Line Dancing 1-3pm-Open Swim 3-5-Billiards w/George	9am-Water Aerobics 24 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 27 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	9-11am-Open Swim 28 11am-Earth Fare Lunch/Shopping (Reservation Only) 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	9am-Water Aerobics 29 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	9-11am-Open Swim 30 10-Corn Hole 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	9am-Water Aerobics 31 10am-Strength & Balance 11am-Strength & Balance

Contact Michelle for questions 540-777-1459 or email mpotter@friendship.us