

October 2026

FRIENDSHIP INDEPENDENT LIVING
WELLNESS COORDINATOR JENELLE FULLER
PHONE: 540-777-1459

WELLNESS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			9am- Guided Meditation 10am- Water Walking 11am- Cardio Drums 1pm- Chair Volleyball	9am- Water Aerobics 10am- Strength & Balance 11am- Strength & Balance 1pm- Corn Hole
9am- Water Aerobics 10am- Strength and Balance 10:50am- Chair Stretch 1:30pm- Guided Meditation	10am- Campus Walk 11am- Cardio Drums 12pm- Water Walking 1pm- Chair Volleyball	9am- Water Aerobics 10am- Ab Action 10:50am- Chair Stretch 1pm- Guided Meditation	9am- Guided Meditation 10am- Water Walking 11am- Cardio Drums 1pm- Chair Volleyball	9am- Water Aerobics 10am- Strength & Balance 11am- Strength & Balance 1pm- Corn Hole
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