



December 2022 Exercise Calendar



Water Aerobics classes take place at the Warford ctivity Center (1330 NW 18th Avenue, Amarillo, TX 79107)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REMINDERS			1 8:30 AM - 7:00 PM	2 9:00 AM - 12:00 PM	3 CLOSED
PATIENTS WHO ATTEND SITFIT ON THE 22ND OF DECEMBER AT 6 PM WILL RECEIVE FREE DINNER, WHILE SUPPLIES LAST			8:30 am - Walking Group 5 pm - Walking Group 5:30 pm - Light Lifts	9 am - Walking Group	
5 8:30 AM - 7:00 PM	6 8:30 AM - 7:00 PM	7 8:30 AM - 7:00 PM	8 8:30 AM - 7:00 PM	9 9:00 AM - 12:00 PM	10 CLOSED
8:30 am - Walking Group 9 am - Gentle Yoga 5 pm - Walking Group	8:30 am - Walking Group 9 am - Mind Matters (Hybrid) 5 pm - Walking Group	8:30 am - Walking Group 10:30 am - SitFit (Hybrid) 5 pm - Walking Group	8:30 am - Walking Group 1 pm - Chair Yoga (Hybrid) 5 pm - Walking Group	9 am - Walking Group	
12 8:30 AM - 7:00 PM	13 8:30 AM - 7:00 PM	14 8:30 AM - 7:00 PM	15 8:30 AM - 7:00 PM	16 9:00 AM - 12:00 PM	17 CLOSED
8:30 am - Walking Group 9 am - Gentle Yoga 5 pm - Walking Group	8:30 am - Walking Group 5 pm - Walking Group	8:30 am - Walking Group 5 pm - Walking Group	8:30 am - Walking Group 1 pm - Chair Yoga (Hybrid) 5 pm - Walking Group 5:30 pm - Light Lifts	9 am - Walking Group	
19 8:30 AM - 7:00 PM	20 8:30 AM - 7:00 PM	21 8:30 AM - 7:00 PM	22 8:30 AM - 7:00 PM	23 9:00 AM - 12:00 PM	24 CLOSED
8:30 am - Walking Group 9 am - Gentle Yoga 5 pm - Walking Group	8:30 am - Walking Group 5 pm - Walking Group	8:30 am - Walking Group 10:30 am - SitFit (Hybrid) 5 pm - Walking Group	8:30 am - Walking Group 1 pm - Chair Yoga (Hybrid) 5 pm - Walking Group 6 pm - SitFit (Hybrid)	9 am - Walking Group	
26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED	31 CLOSED

CHRISTMAS BREAK



December 2022 Enrichment Calendar



Water Aerobics classes take place at the Warford Activity Center (1330 NW 18th Avenue, Amarillo, TX 79107)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REMINDERS			1 8:30 AM - 7:00 PM	2 9:00 AM - 12:00 PM	3 <i>CLOSED</i>
<i>PATIENTS WHO ATTEND SITFIT ON THE 22ND OF DECEMBER AT 6 PM WILL RECEIVE FREE DINNER, WHILE SUPPLIES LAST</i>			10:30 am - Creative Cooking 5:30 pm - Creative Cooking		
5 8:30 AM - 7:00 PM	6 8:30 AM - 7:00 PM	7 8:30 AM - 7:00 PM	8 8:30 AM - 7:00 PM	9 9:00 AM - 12:00 PM	10 <i>CLOSED</i>
10:30 am - Mental Wellness	9 am - Mind Matters (Hybrid) 4 pm - Biblical Counseling	9 am - Hypertension Medication Education 10:30 am - SitFit (Hybrid) 6 pm - Financial Literacy	9 am - Wood Working 10:30 am - Creative Cooking 5:30 pm - Creative Cooking		
12 8:30 AM - 7:00 PM	13 8:30 AM - 7:00 PM	14 8:30 AM - 7:00 PM	15 8:30 AM - 7:00 PM	16 9:00 AM - 12:00 PM	17 <i>CLOSED</i>
9 am - Painting 10:30 am - Creative Cooking with Hypertension 5:30 pm - Fun Food!	10:30 am - Christmas Crafts 4 pm - Biblical Counseling 5 pm - Bingo	10:30 am - Drumming 12:30 pm - Heart Health 5:30 pm - What is Hypertension? 6 pm - Money Matters	10:30 am - Creative Cooking		
19 8:30 AM - 7:00 PM	20 8:30 AM - 7:00 PM	21 8:30 AM - 7:00 PM	22 8:30 AM - 7:00 PM	23 9:00 AM - 12:00 PM	24 <i>CLOSED</i>
10:30 am - Eating with Diabetes 5:30 pm - Stress Management 6 pm - Gift Wrapping	4 pm - Biblical Counseling 5 pm - Lotería 6 pm - Gift Wrapping	9 am - Diabetes Medication Education 10:30 am - SitFit (Hybrid) 12 pm - Healthy You 5:30 pm - What is Hypertension? 6 pm - Financial Literacy	10:30 am - Creative Cooking 5:30 pm - Creative Cooking 6 pm - SitFit (Hybrid)		
26 <i>CLOSED</i>	27 <i>CLOSED</i>	28 <i>CLOSED</i>	29 <i>CLOSED</i>	30 <i>CLOSED</i>	31 <i>CLOSED</i>

CHRISTMAS BREAK

