

SEPTEMBER 2026

WESLEY HEALTH & WELLNESS CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Quilting: 9:00a-12:00p Flex Fit: 10:15a-10:45a Seat: 11:00a-11:45a Baila2Fitness: 6:00p-6:45p	2 Crocheting: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a	3 Jewelry: 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio: 11:00a-11:45a Cardio: 6:00p-6:45p 	4 Sewing: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a 50 Plus: 12:00p-2:00p
7 	8 Quilting: 9:00a-12:00p Flex Fit: 10:15a-10:45a Seat: 11:00a-11:45a Baila2Fitness: 6:00p-6:45p	9 Crocheting: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a 	10 Jewelry: 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio: 11:00a-11:45a Cardio: 6:00p-6:45p	11 Sewing: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a 50 Plus: 12:00p-2:00p 
14  Fall Walk-a-thon 9am - 11am	15 Quilting: 9:00a-12:00p Flex Fit: 10:15a-10:45a Seat: 11:00a-11:45a Baila2Fitness: 6:00p-6:45p	16 Crocheting: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a	17 CLOSED Regular programming will resume on Sep. 18th.	18 Sewing: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a 50 Plus: 12:00p-2:00p
21 Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a	22 Quilting: 9:00a-12:00p Flex Fit: 10:15a-10:45a Seat: 11:00a-11:45a Baila2Fitness: 6:00p-6:45p	23 Crocheting: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a 	24 Jewelry: 9:00a-12:00p Flex Fit: 10:15a-10:45a Cardio: 11:00a-11:45a Cardio: 6:00p-6:45p	25 Sewing: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a 50 Plus: 12:00p-2:00p
28 Artful Gatherings: 9:00a-12:00p Line Dancing: 9:00a-10:00a Cardio: 10:00a-11:00a Baila2Fitness: 11:00a-11:45a	29 Quilting: 9:00a-12:00p Flex Fit: 10:15a-10:45a Seat: 11:00a-11:45a Baila2Fitness: 6:00p-6:45p 	30 Crocheting: 9:00a-12:00p Line Dancing: 9:00a-10:00a Flex Fit: 10:15a-10:45a Baila2Fitness: 11:00a-11:45a		

UPCOMING EVENTS

- **SEP. 12TH** - FAMILY FIESTA
- **SEP. 14TH** - FALL WALKATHON
- **SEP. 14TH** - CO-ED VOLLEYBALL ADULT LEAGUE
- **OCT. 6TH** - NATIONAL NIGHT OUT
- **OCT. 14TH** - GLOW BAILA-THON

RECREATION & ENRICHMENT:
210 - 469 - 4191

PARENTING:
210 - 810 - 5430