

**December 2025**  
**CLIENT WELLNESS SCHEDULE**

|  | <i><b>Tuesday</b></i>                                                                                                                  | <i><b>Wednesday</b></i>                                                                                                                                              | <i><b>Thursday</b></i>                                                                                                                                                                |  |
|--|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
|  | <b>Painting Class</b><br>12:00pm to 2:00pm<br><b>Art Room 4-022</b><br><b>4<sup>th</sup> floor</b><br><i>Fitz P.</i><br><b>Walk-In</b> | <b>Narrative Movement</b><br>10:00am to 11:30am<br><b>Art Room 4-022</b><br><b>4<sup>th</sup> floor</b><br><i>Josie B.</i><br><b>Walk-In</b>                         | <b>Hair Cuts</b><br>1:00pm to 4:00pm<br><b>Room 4-056</b><br><b>4<sup>th</sup> floor</b><br><i>Barron</i><br><b>By Appt Only</b><br><br><i>Please see Donna Pine</i>                  |  |
|  | <b>Meditation</b><br>2:00pm to 3:30pm<br><b>East Dining Room</b><br><b>5<sup>th</sup> floor</b><br><i>Madhu K.</i><br><b>Walk-In</b>   | <b>Restorative Yoga</b><br>11:00am to 12:00pm<br><b>Event Space 4-055</b><br><b>4<sup>th</sup> floor</b><br><i>Roberta V.</i><br><b>Walk-In</b>                      | <b>Reiki Meditation</b><br>2:00pm to 3:00pm<br><b>East Dining Room</b><br><b>5<sup>th</sup> floor</b><br><i>Steve F.</i><br><b>Walk-In</b><br><br><b>Dec. 4<sup>th</sup> and 18th</b> |  |
|  |                                                                                                                                        | <b>Painting Class</b><br>12:00pm to 2:00pm<br><b>Art Room 4-022</b><br><b>4<sup>th</sup> floor</b><br><i>Fitz P.</i><br><b>Walk-In</b>                               |                                                                                                                                                                                       |  |
|  |                                                                                                                                        | <b>Hair Cuts</b><br>1:00pm to 4:00pm<br><b>Room 4-056</b><br><b>4<sup>th</sup> floor</b><br><i>Barron</i><br><b>By Appt Only</b><br><br><i>Please see Donna Pine</i> |                                                                                                                                                                                       |  |

***Please note the room numbers are according to the floor location***

***Schedule is subject to change each month.***

***Art classes, due to space, will only allow 10 clients per session***

**Classes are highlighted in yellow**

**Happy Holidays!!**