

**January 2026**  
**CLIENT WELLNESS SCHEDULE**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	
<b>Hatha Yoga</b> 11:00am to 12:00pm Event Space 4-055 4 <sup>th</sup> floor Laurie W. Walk-In <b>Start Jan. 5th</b>	<b>Painting Class</b> 12:00pm to 2:00pm Art Room 4-022 4 <sup>th</sup> floor Fitz P. Walk-In	<b>Writing Class</b> 10:00am to 11:30am Art Room 4-022 4 <sup>th</sup> floor Josie B. Walk-In	<b>Painting Class</b> 12:00pm to 2:00pm Art Room 4-022 4 <sup>th</sup> floor Fitz P. Walk-In	
	<b>Meditation</b> 2:00pm to 3:30pm East Dining Room 5 <sup>th</sup> floor Madhu K. Walk-In	<b>Restorative Yoga</b> 11:00am to 12:00pm Event Space 4-055 4 <sup>th</sup> floor Roberta V. Walk-In  <b>Will return January 21st</b>	<b>Hair Cuts</b> 1:00pm to 4:00pm Room 4-056 4 <sup>th</sup> floor Barron <b>By Appt Only</b>  Please see Donna Pine	
		<b>Hair Cuts</b> 1:00pm to 4:00pm Room 4-056 4 <sup>th</sup> floor Barron <b>By Appt Only</b>  Please see Donna Pine	<b>Reiki Meditation</b> 2:00pm to 3:00pm East Dining Room 5 <sup>th</sup> floor Steve F. Walk-In  <b>Jan. 8<sup>th</sup> &amp; 22<sup>nd</sup></b>	

**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**