

January 2026
CLIENT WELLNESS SCHEDULE

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

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