

Monday	Tuesday	Wednesday	Thursday
31 OFFICE CLOSED	1 OFFICE CLOSED	2 NO DOOR TO WELLNESS PROGRAMMING, OFFICE OPEN FROM 9 A.M. TO 5 P.M.	3 NO DOOR TO WELLNESS PROGRAMMING, OFFICE OPEN FROM 9 A.M. TO 5 P.M.
7 4:00 – Massage 4:30 – Trivia 5:00 – Chair Yoga 6:30 – Enhance Fitness	8 10:00 – Basic Hatha Yoga 10-2:00, 2:30-6:00 – Massage 11:15 – Chair yoga 12:00 – Crochet Club 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness	9 9:00 – Massage 11:00 – Restorative Yoga 1:30 – Moving for Better Balance 2:00 – Cooking Demo 3:00 – Komen Event	10 10:00 – Basic Hatha Yoga 10:00 – Massage 10:30 – Paracord Bracelets W/ Ginger 11:15 – Chair Yoga 1:45 – Moving for Better Balance 2:00 – Tasting 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness
14 4:00 – Massage 4:30 – Game Night 5:00 – Chair Yoga 5:30 – Cooking Demo 6:30 – Enhance Fitness	15 10:00 – Basic Hatha Yoga 10-2:00, 2:30-6:00 – Massage 11:15 – Chair yoga 12:30 – Memorial Event 2:00 – Breast Cancer Conversation 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness	16 9:00 – Massage 1:30 – Moving for Better Balance	17 10:00 – Basic Hatha Yoga 10:00 – Massage 10:30 – Pictionary 11:15 – Chair Yoga 1:45 – Moving for Better Balance 2:00 – Tasting 3:00 – Enhance Fitness 6:00 –LIVESTRONG Fitness
21 4:00 – Massage 4:30 – Client Showcase 5:00 – Chair Yoga 6:30 – Enhance Fitness	22 10:00 – Basic Hatha Yoga 10-2:00, 2:30-6:00 – Massage 10:30 – Los Reyes Magos W/ Heidi 11:15 – Chair yoga 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness	23 9:00 – Massage 11:00 – Restorative Yoga 1:30 – Moving for Better Balance 2:00 – Cooking	24 10:00 – Basic Hatha Yoga 10:00 – Massage 10:30 – Words for the New Year 11:15 – Chair Yoga 1:45 – Moving for Better Balance 2:00 – Tasting 3:00 – Enhance Fitness 6:00 –LIVESTRONG Fitness
28 4:00 – Massage 4:30 – Trivia 5:00 – Chair Yoga 5:30 – Cooking Demo 6:30 – Enhance Fitness	29 10:00 – Basic Hatha Yoga 10-2:00, 2:30-6:00 – Massage 10:30 – Tech Skills with Kara: Texting 11:15 – Chair yoga 3:00 – Enhance Fitness 6:00 – LIVESTRONG Fitness	30 9:00 – Massage 1:30 – Moving for Better Balance	31 10:00 – Basic Hatha Yoga 10:00 – Massage 11:15 – Chair yoga 12:30 – Meditation Class 1:45 – Moving for Better Balance 2:00 – Tasting 3:00 – Enhance Fitness 6:00 –LIVESTRONG Fitness



Door to Wellness
JANUARY
2019

Hours:

Mon: 9 a.m. – 8 p.m.

Tue: 9 a.m. – 8 p.m.

Wed: 9 a.m. – 5 p.m.

Thu: 9 a.m. – 8 p.m.

Fri: 9 a.m. – 1 p.m.

There are no scheduled activities on Fridays.

1801 N. Meridian St.,
Indianapolis, IN 46202
(317) 925-5595
www.littlereddoor.org