



Virginia Garcia Memorial
HEALTH CENTER

December 2024/ Diciembre 2024

Wellness Center Beaverton Calendar

Calendario de Actividades del Centro de Bienestar de **Beaverton**

Monday / Lunes	Tuesday / Martes	Wednesday / Miércoles	Thursday / Jueves	Friday / Viernes
2) Circuit Training 6-7	3) Chair Yoga/ Yoga en silla 1030-1130	4) Circuit Training 6-7	5) Free Food Market/Mercado de comida gratis 2pm-3pm TriMet Info/ Información de TriMet 12-4pm CareOregon Information Booth. Informacion De CareOregon 1-3pm Zumba 5:30pm-6:30pm	6) Circuit Training 10-11 am
9) Circuit Training 6-7	10) Chair Yoga/ Yoga en silla 1030-1130	11) Circuit Training 6-7 Building Emotional Awareness in Children Ages 0-5 English only; 10am- 1130Am	12) Zumba 5:30pm-6:30pm	13) Circuit Training 10-11 am
16) Circuit Training 6-7	17) Chair Yoga/ Yoga en silla 1030-1130am	18) Circuit Training 6-7	19) Free Food Market/Mercado de comida gratis 2pm-3pm Beaverton Library Info booth/ Información de la Biblioteca de Beaverton 1pm-2pm CareOregon Information Booth/ Informacion De CareOregon 1-3pm THPRD Information booth/ Información sobre el parque y la recreación de Tualatin 12-3pm Zumba 5:30pm-6:30pm	20) Circuit Training 10-11 am
23) Circuit Training 6-7	24) Chair Yoga/ Yoga en silla 1030-1130	25) Clinic Closed	26)	27) Circuit Training 10-11 am
30) Circuit Training 6-7	31)			