

Independent Living Wellness Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED	For 1-on-1 Consultations, Tailored Exercise Plans, or Machine Tutorials please reach out to our Wellness Coordinator Malcolm Scott at 346-269-7130					1 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
2 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	3 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 1:30P Functional Strength Training	4 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 1:30P Women's Strength Circuit 3:00P Wellness Talk w/Malcolm (AU)	5 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Beg. Stretch & Balance	6 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 1:30P Machine Circuit	7 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 2:00P Cornhole (CC)	8 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
9 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	10 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 1:30P Functional Strength Training	11 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 1:30P Women's Strength Circuit 2:00P Resident Assessments	12 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Beg. Stretch & Balance 2:00P Work It Wednesday (AU)	13 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 1:30P Machine Circuit	14 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 2:00P Cornhole (CC)	15 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
16 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	17 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 1:30P Functional Strength Training	18 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 1:30P Women's Strength Circuit 2:00P Resident Assessments	19 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Beg. Stretch & Balance	20 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 1:30P Machine Circuit	21 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 2:00P Cornhole (CC)	22 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
23/30 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	24/31 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 1:30P Functional Strength Training	25 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 1:30P Women's Strength Circuit 2:00P Resident Assessments	26 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Beg. Stretch & Balance 2:00P Work It Wednesday (AU)	27 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 1:30P Machine Circuit	28 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 2:00P Cornhole (CC)	29 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3



Independent Living Lifestyles Calendar

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
Cancellations as well as changes are often unavoidable. We appreciate your cooperation and understanding. Don't see anything you love? Please let us know so we may add to our calendar.	MAP LEGEND AC—Arts & Crafts Room AU—Auditorium/Chapel CC—Cabana Café CR — Cabana Room G — Garden GR— Game Room ML— Main Lobby PG — Putting Green WR — Wii Room DP - Dog Park	**Events highlighted in BLUE require sign-up in the message center.		May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13		1 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)
2 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (David Sproul) (AU/Ch2) 4:30P Coffee and Chatter (CC)	3 10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Bingo Store (AC) 5P & 6P Mexican Train (GR)	4 10:00A County Bus: Lone Star Flight Museum & Lunch (ML) 11:00A Men's Group (GR) 3:00P Wellness Talk w/Malcolm (AU) 6:15P Bingo (AC)	5 10:00A Grocery Trip (ML) 10:30A Crochet & Knitting (AC) 2:00P "Cooking w/Chef Tyler" (DR) 6:15P Bridge (GR)	6 11:15A Prayer Group (GR) 2:00P Cruise & Cool Down: Sonic Treat Run (ML) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)	7 1:00P Catholic Service (AU) 2:30P Bible Study w/Chaplain John Bender (AU) 4:00P Tech Assistance (GR) 6:15P Trivia Night (AC)	8 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)
9 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Khris Slaughter) (AU/Ch2) 4:30P Coffee and Chatter (CC)	10 10:00A Art Group (AC) 1:30P Bible School (GR) 2:30P Assisting Hands Home Care - "Could Your Home Be Looking Out for You?" (AU) 5P & 6P Mexican Train (GR)	11 10:00A Grocery Trip (ML) 11:00A Men's Group (GR) 2:00P Pam Health - Kake and Karaoke (CC) 6:15P Bingo (AC)	12 9A - 12P Podiatrist Visit 10:30A Crochet & Knitting (AC) 11:30A Faithful Paws Visit (ML) 2:00P Work It Wednesday (AU) 3:00P Learn Spanish (GR) 6:15P Bridge (GR)	13 11:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P 90's Club (CR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)	14 10:00A Jay's Bazar (GR) 11:00A Let's Talk Dementia w/Dr. Tam (AU) 1:30P Bible Study w/Chaplain John Bender (AU) 2:30P CVS/Walgreens (\$) 6:00P Rummikub (GR) 6:00P Friday with Friends (A,B & C Building)	15 National Relaxation Day 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 3:30P Music of Harmony (AU) 6:15P Bingo (AC)
16 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Jason Moreno) AU/Ch2) 4:30P Coffee and Chatter (CC)	17 10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Birthday Social (AU) 5P & 6P Mexican Train (GR)	18 10:00A Grocery Trip (ML) 11:00A Men's Group (GR) 2:00P Sing-A-Long with Tim Holder (AU) 3:00P Estate Planning Lecture (AU) 6:15P Bingo (AC) Meal of the Month	19 National Aviation Day 10:30A Crochet & Knitting (AC) 11:30A Faithful Paws Visit (ML) 3:00P Chef Chat (AU) 5:00P Catholic Women's Dinner (DR) 6:15P Bridge (GR)	20 11:00A Episcopal Service (AU) 11:15A Prayer Group (GR) 2:00P Sound Healing w/Cindy St. Cyr (AU) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC) Pest Control - Building C	21 Taste of India 11:30A Book Club (L) 1:30P Bible Study w/Chaplain John Bender (AU) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)	22 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)
23 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Alcir De Sa) (AU/Ch2) 4:30P Coffee and Chatter (CC)	24 10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Movie Matinee (AU) 5P & 6P Mexican Train (GR)	25 10:00A Grocery Trip - Walmart (ML) 11:00A Men's Group (GR) 2:00P Bingo with HHR (AC) 6:15P BINGO (AC)	26 National Dog Day 10:30A Crochet & Knitting (AC) 10:30A Vessels of Joy (GR) 11:30A Faithful Paws Visit (ML) 1:30P YAPPY HOUR (DP) 2:00P Work It Wednesday (AU) 3:00P Learn Spanish (GR) 6:15P Bridge (GR)	27 MEETING 11:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 3:00P Town Hall (AU) 4:00P Social Hour (CC) 6:15P Bingo (AC)	28 10:30A Vessels of Joy (GR) 1:30P Bible Study w/Chaplain John Bender (AU) 2:30P CVS/Walgreens (\$) 3:00P Bunco w/Amy (GR) 6:00P Rummikub (GR)	29 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)

