

Independent Living Wellness Calendar



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





SEPTEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
 REMEMBER 9/11 Do not be fainthearted or afraid, do not panic or be terrified by them. For the Lord your God is the one who goes with you to fight for you against your enemies to give you victory.		1 10:00A Grocery Trip (ML) 11:00A Men's Group (GR) 3:00P Book Talk w/ Kathryn Lane (AU) 6:15P Bingo (AC)	2 10:30A Crochet & Knitting (AC) 3:00P Learn Spanish (GR) 6:15P Bridge (GR)	3 11:00A Out to Lunch: Greek Church Spaghetti Lunch 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)	4 1:00P Catholic Service (AU) 3:00P Creative Art Painting Workshop (AC) 6:15P Trivia Night (AC) 	5 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)
6 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Taylor Sandlin) (AU/Ch2) 4:30P Coffee and Chatter (CC)	7 Labor Day 10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Bingo Store (AC) 5P & 6P Mexican Train (GR)	8 10:00A Grocery Trip (ML) 11:00A Men's Group - Men's Health Talk Speaker (GR) 3:00P Bingo Store (AC) 6:15P Bingo (AC)	9 NFL Kickoff 10:30A Crochet & Knitting (AC) 11:30A Faithful Paws Visit (ML) 2:00P Work It Wednesday - NFL Touchdown Toss (AU) 3:00P Learn Spanish (GR) 6:15P Bridge (GR) 	10 11:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P NFL Social Hour - Team Jerseys or Colors (CC) 6:15P Bingo (AC)	11 9/11 Walk of Remembrance and Prayer - 9:30AM (ML) 1:30P Bible Study w/Chaplain John Bender (AU) 2:30P CVS/Walgreens (\$) 6:00P Rummikub (GR)	12 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)
13 Grandparents Day 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Randy Hatchet) (AU/Ch2) 4:30P Coffee and Chatter (CC)	14 10:00A Art Group (AC) 1:00P Grandparents Day: Flowers & Treats (AC) 1:30P Bible School (GR) 3:00P Therapy Talk w/Broad River (AU) 5P & 6P Mexican Train (GR)	15 10:00A Grocery Trip (ML) 11:00A Men's Group 2:00P Sing-A-Long w/Tim Holder (AU) 3:00P Fire Drill (All IL Buildings) 6:15P Bingo (AC) Meal of the Month	16 10:30A Crochet & Knitting (AC) 1:30P 90s Club (CR) 3:00P Chef Chat (AU) 5:00P Catholic Women's Dinner (DR) 6:15P Bridge (GR)	17 11:00A Episcopal Service (AU) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC) Pest Control - Building A	18 10:00A Jay's Bazar (GR) 11:30A Book Club (L) 1:30P Bible Study w/Chaplain John Bender (AU) 3:00P Movie Matinee (AU) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)	19 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 3:30P Music of Harmony (AU) 6:15P Bingo (AC)
20 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Duane Brooks) (AU/Ch2) 4:30P Coffee and Chatter (CC)	21 10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Birthday Social - All Aboard Birthday Bash (AU) 5P & 6P Mexican Train (GR)	22 10:00A Grocery Trip (ML) 11:00A Men's Group - Out to Lunch: Ninfa's (ML) 11:00A Lei-Making (GR) 3:30P Hawaiian Dancers (DR) 6:15P BINGO (AC)	23 Autumn Begins 10:30A Crochet & Knitting (AC) 11:30A Faithful Paws Visit (ML) 12:00P Island Grooves Steel Drum Player (ML) 2:00P Tropical Island Sips (CR) 3:00P Bunco w/Amy (GR) 6:15P Bridge (GR)	24 Nautical Attire 11:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 1:30P Alaska Fishing Derby (CC) 2:00P Rummikub (GR) 3:00P Town Hall (AU) 4:00P Sail Aboard Social Hour - Alaska: Cool as Ice (CC) 6:15P Bingo (AC)	25 11:00A Morning at Sea Movie Matinee (AU) 1:30P Bible Study w/Chaplain John Bender (AU) 2:30P CVS/Walgreens (\$) 3:00P Toshi's Magical 90th Birthday Party (CR) 6:00P Rummikub (GR)	26 9:00A Putting Club (PG) 10:30A Tech Assistance (GR) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)
27 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Todd Still) (AU/Ch2) 4:30P Coffee and Chatter (CC)	28 10:00A Art Group (AC) 10:30A Vessels of Joy (GR) 1:30P Bible School (GR) 3:00P Game Show w/Chaplain John Bender (AU) 5P & 6P Mexican Train (GR)	29 10:00A Grocery Trip - Aldi (ML) 11:00A Men's Group (GR) 2:00P Bingo with HHR (AC) 3:30P Wellness Talk w/Malcolm (AU) 6:15P BINGO (AC) 	30 10:30A Crochet & Knitting (AC) 10:30A County Bus Outing: The Menil Collection & Lunch (ML) 2:00P Work It Wednesday (AU) 3:00P Learn Spanish (GR) 6:15P Bridge (GR)	**Events highlighted in BLUE require sign-up in the message center.	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	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.