

Independent Living Wellness Calendar



NOVEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
1 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	2 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30A Beg. Core & Balance 1:00P Functional Strength Training	3 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Strength 1:30P Women's Strength Circuit 2:00P Resident Assessments	4 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)	5 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 1:30P Machine Circuit	6 9:30A Adv. Cardio 10:00A Int. Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 2:00P Cornhole (CC)	7 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
8 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	9 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30A Beg. Core & Balance 1:00P Functional Strength Training	10 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Strength 1:30P Women's Strength Circuit 2:00P Resident Assessments	11 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Beg. Stretch & Balance	12 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 1:30P Machine Circuit	13 9:30A Adv. Cardio 10:00A Int. Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 2:00P Cornhole (CC)	14 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
15 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	16 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30A Beg. Core & Balance 1:00P Functional Strength Training	17 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Strength 1:30P Women's Strength Circuit 2:00P Resident Assessments 3:30P Wellness Talk w/Malcolm (AU)	18 9:30A Adv. Stretch & Balance 10:00A Exercise w/Therapy 11:00A Chair Volleyball (AU) 1:30P Beg. Stretch & Balance	19 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 1:30P Machine Circuit	20 9:30A Adv. Cardio 10:00A Int. Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 2:00P Cornhole (CC)	21 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
22 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	23 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30A Beg. Core & Balance 1:00P Functional Strength Training	24 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Strength 1:30P Women's Strength Circuit 2:00P Resident Assessments	25 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Beg. Stretch & Balance	26  *No Wellness Classes*	27  *No Wellness Classes*	28 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
29 GET ACTIVE Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	30 30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30A Beg. Core & Balance 1:00P Functional Strength Training				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



Independent Living Lifestyles Calendar

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
<div>1</div> <div>Daylight Savings End Fall Back 1 Hr</div> <div></div> <div>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)</div>	<div>2</div> <div></div> <div></div> <div>10:00A Grocery Trip (ML) 10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Bingo Store (AC) 5P & 6P Mexican Train (GR)</div>	<div>3</div> <div></div> <div>Election Day 7AM - 7PM Chapel</div> <div>11:00A Men's Group & Speaker (GR) 6:15P Bingo (AC)</div>	<div>4</div> <div></div> <div></div> <div>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)</div>	<div>5</div> <div></div> <div></div> <div>11:15A Prayer Group (GR) 2:00P Rummikub (GR) 2:00P Broad River Therapy Conference (CR) 4:00P Social Hour (CC) 6:15P Bingo (AC)</div>	<div>6</div> <div></div> <div></div> <div>1:00P Catholic Service (AU) 2:15P Bible Study w/Chaplain John Bender (AU) 6:15P Trivia Night (AC)</div>	<div>7</div> <div></div> <div></div> <div>9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)</div>
<div>8</div> <div></div> <div></div> <div>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)</div>	<div>9</div> <div></div> <div></div> <div>10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Welcome to the Neighborhood (CR) 5P & 6P Mexican Train (GR)</div>	<div>10</div> <div></div> <div></div> <div>10:00A Grocery Trip (ML) 11:00A Men's Group 11:30A St. John Paul II School Veterans Day Choir (AU) 6:15P Bingo (AC)</div>	<div>11</div> <div></div> <div></div> <div>10:30A Crochet & Knitting (AC) 3:30P Veterans Day Show w/ Bill Parish (AU) 6:15P Bridge (GR)</div>	<div>12</div> <div></div> <div></div> <div>11:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 2:00P Elizabeth Endicott - A Pilgrim's Story by Mary Mann (AU) 4:00P Social Hour (CC) 6:15P Bingo (AC)</div>	<div>13</div> <div></div> <div></div> <div>10:00A Jay's Bazar (GR) 12:00P Ambassadors Luncheon (DR) 1:30P Bible Study w/Chaplain John Bender (AU) 2:30P CVS/Walgreens (\$)  6:00P Rummikub (GR)</div>	<div>14</div> <div></div> <div></div> <div>9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)</div>
<div>15</div> <div></div> <div></div> <div>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)</div>	<div>16</div> <div></div> <div></div> <div>10:00A Art Group (AC) 11:00A Fall Flower Workshop w/Ally (GR) 1:30P Bible School (GR) 3:00P Birthday Social (AU) 5P & 6P Mexican Train (GR)</div>	<div>17</div> <div></div> <div>Meal of the Month</div> <div>10:00A Grocery Trip 11:00A Men's Group (GR) 2:00P Sing-A-Long w/Tim Holder (AU) 3:30P Wellness Talk w/Malcolm (AU) 6:15P BINGO (AC)</div>	<div>18</div> <div></div> <div></div> <div>10:30A Crochet & Knitting (AC) 11:30A Faithful Paws Visit (ML) 11:30A Gift-Wrapping Party w/Mary Anne (AC) 3:00P Chef Chat (AU) 5:00P Catholic Women's Dinner (DR) 6:15P Bridge (GR)</div>	<div>19</div> <div></div> <div>Pest Control - Building C</div> <div>11:00A Episcopal Service (AU) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 3:00P Town Hall (AU) 4:00P Social Hour (CC) 6:15P Bingo (AC)</div>	<div>20</div> <div></div> <div></div> <div>10:00A Shopping Squad: Memorial City Mall & Lunch (\$)  11:30A Book Club (L) 1:30P Bible Study w/Chaplain John Bender (AU) 3:00P 2-Step & Sip (AU) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)</div>	<div>21</div> <div></div> <div></div> <div>9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 3:30P Music of Harmony (AU) 6:15P Bingo (AC)</div>
<div>22</div> <div></div> <div></div> <div>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers AU/Ch2) 4:30P Coffee and Chatter (CC)</div>	<div>23</div> <div></div> <div>BCFS Day</div> <div>10:00A Art Group (AC) 1:30P Bible School (GR) 2:00P Create a Gratitude Tree (AC) 5P & 6P Mexican Train (GR)</div>	<div>24</div> <div></div> <div></div> <div>10:00A Grocery Trip - Walmart (ML) 10:00A County Bus Trip: -The George Ranch & Lunch (ML) 10:00A Men's Group (GR) 2:00P Bingo with HHR (AC) 6:15P BINGO (AC)</div>	<div>25</div> <div></div> <div>Wear your Scarf Day</div> <div>10:30A Crochet & Knitting (AC) 1:30P Celebrate Friendsgiving with Us! (CC) 3:00P Movie Matinee (AU) 6:15P Bridge (GR) </div>	<div>26</div> <div></div> <div>11:30A - 1:30P Thanksgiving Lunch Buffet (DR)</div>	<div>27</div> <div></div> <div></div>	<div>28</div> <div></div> <div></div> <div>9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)</div>
<div>29</div> <div></div> <div></div> <div>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)</div>	<div>30</div> <div></div> <div></div> <div>10:00A Art Group (AC) 10:30A Vessels of Joy (GR) 1:30P Bible School (GR) 3:00P Bunco w/Amy (GR) 5P & 6P Mexican Train (GR)</div>	<div></div> <div></div> <div>**Events highlighted in BLUE require sign-up in the message center.</div>	<div></div> <div></div> <div>MAP LEGEND AC—Arts & Crafts Room AU—Auditorium/Chapel CC—Cabana Café CR — Cabana Room DR - Dinning Room G — Garden GR— Game Room ML— Main Lobby</div>	<div></div> <div></div> <div>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.</div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div>Give thanks to the Lord, for he is good; his love endures forever. —1 Chronicles 16:34 </div>