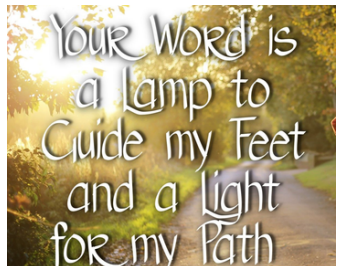


Independent Living Lifestyles Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
MAP LEGEND AC—Arts & Crafts Room AU—Auditorium/Chapel CC—Cabana Café CR — Cabana Room CH2— Channel 2 GR— Game Room ML— Main Lobby PG — Putting Green WR — Wii Room			1 9:00A - 1:00P Preferred Podiatry Group Visits 3:00P Learn Spanish (GR) 6:15P Bridge (GR)	2 9:00A - 1:30P Vaccine Clinic (GR) 11:15A Prayer Group (AC) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	3 11:00A Identity Theft and Fraud w/Constable PCT 5 (AU) 1:00P Catholic Service (AU) 2:15P Bible Study with Chaplain John Bender (AU) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)	4 8:30A Putting Club (PG) 9:30A Coffee with Neighbors (CC) 6:15P Bingo! (AC) 
5 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers “MADE FOR MORE” (AU/Ch2) 4:30P Coffee and Chatter (CC)	6 10:30A Christmas Wholesale Shopping Trip (\$) 1:30P Bible School (GR) 5:00P & 6:00P Mexican Train (GR)	7 10:00A Grocery Trip (ML) 11:00A Men’s Group (AU) 2:00P Sing-A-Long w/ Tim Holder (AU) 3:00P Bingo Store (AC) 6:15P BINGO! (AC)	8  10:30A Jay’s Bazar (GR) 11:30A Faithful Paws Visit (ML) 2:00P Wednesday Matinee - “Our Souls at Night” (AU) 6:15P Bridge (GR)	9 Meal of the Month Ballot Due 10:00A Writer’s Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 3:00P “Healthcare Tips for Fall Season” w/Dr. Adewole (AU) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	10 1:30P Bible Study with Chaplain John Bender (AU) 2:30P CVS/Walgreens (\$) 3:00P Clyde Defrates’s 100th Birthday Party (CR) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)	11 8:30A Putting Club (PG) 9:30A Coffee with Neighbors (CC) 6:15P Bingo! (AC)
12 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers “MADE FOR MORE” (AU/Ch2) 4:30P Coffee and Chatter (CC)	13 Breast Cancer Awareness Day  10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Breast Wellness Talk w/Right at Home (AU) 5:00P & 6:00P Mexican Train (GR)	14 Meal of the Month 10:00A Grocery Trip (ML) 11:00A PWP Choir (AU) 3:00P Pumpkin Spice & Everything Nice - Fellowship With Your New Neighbors (CC) 6:15P BINGO! (AC)	15 11:00A Gardening Club 3:00P Chef Chat (AU) 5:00P Catholic Women's Dinner 6:15P Bridge (GR)	16 Pest Control Building B 11:00A Episcopal Service (AU) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour - Boo’s and Brews (CC) 6:15P Bingo! (AC)	17 11:30A Book Club 1:30P Bible Study with Chaplain John Bender (AU) 3:00P Pumpkin Painting & Prosecco (AU) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)	18 8:30A Putting Club (PG) 9:30A Coffee with Neighbors (CC) 6:15P Bingo! (AC) 
19 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)	20 HAPPY BIRTHDAY 10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Birthday Social (AU) 5:00P & 6:00P Mexican Train (GR)	21 10:00A Grocery Trip (ML) 11:00A Hearts & Hand Holiday Market Outing & Lunch (\$) 6:15P BINGO! (AC)	22 11:30A Faithful Paws Visit (ML) 3:00P Learn Spanish (GR) 6:15P Bridge (GR)	23 10:00A Writer’s Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 3:00P Bunco with Amy (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	24 1:30P Bible Study with Chaplain John Bender (AU) 2:30P CVS/Walgreens (\$) 3:00P Tango in the Afternoon w/LaVonne Collins & Friends (ML) 6:00P Rummikub (GR)	25 8:30A Putting Club (PG) 9:30A Coffee with Neighbors (CC) 3:30P Music of Harmony (AU) 6:15P Bingo! (AC)
26 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) 	27 10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P The Game Show Showdown with Chaplain John Bender (AU) 5:00P & 6:00P Mexican Train (GR)	28 MEETING 10:00A Grocery Trip - HEB (ML) 11:00A PWP Choir (AU) 2:00P Prize Bingo w/HHR (AC) 3:00P Town Hall (AU) 6:15P BINGO! (AC)	29  10:30A Vessels of Joy 3:00P Learn Spanish (GR) 6:15P Bridge (GR) 6:00P - 7:00P Trick or Treating Buildings A, B & C 	30 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	31 1:00P Bible Study with Chaplain John Bender (AU) 1:45P Westside High School Homecoming Parade (ML) 6:00P Rummikub (GR) HAPPY HALLOWEEN	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

Independent Living Wellness Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED		9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 2:00P Dodgeball (AU) 4:00P Pool Noodle Hockey (AU)	1 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 2:00P Yoga/Tai Chi 4:00P Hot Potato	2 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Cardio 2:00P Line Dancing 3:00P Musical Chairs	3 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Beginner Cardio 11:00A Trivia (Wii Room) 12:00P Resident Consultations	4 GET ACTIVE <u>Get up and active!</u> Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
5 GET ACTIVE <u>Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>	6 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 12:00P Resident Consultations	7 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 2:00P Dodgeball (AU) 4:00P Pool Noodle Hockey (AU)	8 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 2:00P Yoga/Tai Chi 4:00P Hot Potato	9 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Cardio 2:00P Line Dancing 3:00P Musical Chairs	10 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Beginner Cardio 11:00A Trivia (Wii Room) 12:00P Resident Consultations	11 GET ACTIVE <u>Get up and active!</u> Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
12 GET ACTIVE <u>Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>	13 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 12:00P Resident Consultations	14 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 2:00P Dodgeball (AU) 4:00P Pool Noodle Hockey (AU)	15 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 2:00P Yoga/Tai Chi 4:00P Hot Potato	16  9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Cardio 2:00P Line Dancing 3:00P Musical Chairs	17 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Beginner Cardio 11:00A Trivia (Wii Room) 12:00P Resident Consultations	18 GET ACTIVE <u>Get up and active!</u> Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
19 GET ACTIVE <u>Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>	20 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 12:00P Resident Consultations	21 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength	22 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Trivia 2:00P Yoga/Tai Chi 4:00P Hot Potato	23 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Cardio 2:00P Line Dancing 3:00P Musical Chairs	24 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Beginner Cardio 11:00A Trivia (Wii Room) 12:00P Resident Consultations	25 GET ACTIVE <u>Get up and active!</u> Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
26 GET ACTIVE <u>Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>	27 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 12:00P Resident Consultations	28 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 2:00P Dodgeball (AU) 4:00P Pool Noodle Hockey (AU)	29 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 2:00P Yoga/Tai Chi 4:00P Hot Potato	30 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Cardio 2:00P Line Dancing 3:00P Musical Chairs	31  Functional Pathways Therapy that exceeds expectations	For 1-on-1 Consultations, Tailored Exercise plans, or Machine Tutorials please reach out to our Wellness Coordinator Ru Cossy at 832-798-7824