

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 G — Garden GR— Game Room ML— Main Lobby PG — Putting Green WR — Wii Room	**Events highlighted in BLUE require sign-up in the message center.		 And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, <i>giving thanks</i> to God the Father through him. Colossians 3:17		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.	1 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo! (AC)
2 DAYLIGHT SAVINGS END FALL BACK 1 HOUR  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)	3 10:00A Art Group (AC) 11:15A Out to Lunch: Cracker Barrel(\$) 1:30P Bible School (GR) 3:00P Bingo Store (AC) 5:00P & 6:00P Mexican Train (GR)	4  7:00A - 7:00P Election Day Voting (AU) 10:00A Grocery Trip (ML) 11:00A Men's Group with Chaplain John Bender (GR)	5 Podiatrist Visit 10:30A Sugarland Senior Expo (ML) 11:30A Faithful Paws Visit (ML) 2:30P Movie Matinee - "The Thursday Murder Club" (AU) 3:00P Learn Spanish (GR) 6:15P Bridge (GR)	6  10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Wurstfest Market Festival (\$) 6:15P Bingo! (AC) 	7  10:00A Church Women United Conference (AU) 1:00P Catholic Service (AU) 2:15P Bible Study with Chaplain John Bender (AU) 6:00P Rummikub (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 (AU/Ch2) 4:30P Coffee and Chatter (CC)	10 10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Move, Sip & Be Thankful (GR) 5:00P & 6:00P Mexican Train (GR) 7:00P Bayou City Singer (AU)	11  10:00A Grocery Trip (ML) 3:00P Fall Crafts w/Sahara (AC) 6:15P BINGO! (AC) — ★ —	12 Meal of the Month Ballot Due 10:00A Jay's Bazar (GR) 1:30P Rhythm & Movement (AU) 3:00P Learn Spanish (GR) 5:00P Friendsgiving Ambassador Gathering (DR) 6:15P Bridge (GR)	13 10:30A Balance and Fall Prevention Lecture by Functional Pathways (AU) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	14 1:30P Bible Study with Chaplain John Bender (AU) 2:30P CVS/Walgreens (\$) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)	15 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 (AU/Ch2) 4:30P Coffee and Chatter (CC)	17  10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Birthday Social (AU) 5:00P & 6:00P Mexican Train (GR)	18 Meal of the Month 10:00A Grocery Trip (ML) 2:00P Sing-A-Long w/ Tim Holder (AU) 3:30P Wii Bowling (WR) 6:15P BINGO! (AC)	19 11:30A Faithful Paws Visit (ML) 3:00P Chef Chat (AU) 5:00P Catholic Women's Dinner 6:15P Bridge (GR) 	20 Pest Control Building C 10:00A Writer's Workshop (AC) 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)	21 11:30A Book Club 1:30P Bible Study with Chaplain John Bender (AU) 3:00P Bunco with Amy (GR) 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) 
23/30  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)	24 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)	25 10:00A Grocery Trip - Target (ML) 11:00A Friendsgiving Picnic in the Garden (G) 2:00P Prize Bingo w/HHR (AC) 6:15P BINGO! (AC)	26 10:30A Vessels of Joy (GR) 2:00P Pie à la Mode Social (CC) 3:00P Learn Spanish (GR) 6:15P Bridge (GR) 	27  11:30A - 1:30P Thanksgiving Lunch Buffet (DR)	28 2:30P CVS/Walgreens (\$) 2:30P Movie Matinee - "Christmas w/the Kranks" (AU) 6:00P Rummikub (GR) 	29 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Dollar Bingo! (AC)

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 <u>Get up and active!</u> <u>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>
2 GET ACTIVE <u>Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>	3 9:30A Beg. Core & Balance 10:30A Adv. Core & Balance 11:30A Brain Boost 12:30P Nutrition Mini-Talk 1:30P Functional Strength Training 2:30P Guided Stretch & Breathing 3:00P Quick Memory Challenge	4 9:30A Beg. Strength Training 10:00A Adv. Strength Training 10:30A Aqua Strength 11:30A Nutrition Spotlight 12:30P Equipment Tutorial 1:30P Women's Strength Circuit 2:30P Walking Aerobics 3:00P Floor Stretch & Relaxation	5 9:30A Balance & Agility Drills 10:30A Chair Yoga / Gentle Mobility 11:00A Chair Volleyball (AU) 12:30P Nutrition Mini-Talk 1:30P Resistance Band Strength Training 3:00P Memory Workshop	6 9:30A Functional Training 10:30A Aqua Cardio 11:30A Nutrition Spotlight 12:30P Equipment Tutorial 1:30P Line Dance Fitness 2:30P Power Walk (Indoor/Outdoor) 3:00P Guided Stretch & Relaxation	7 9:30A Cardio Mix 10:30A Chair Aerobics 11:00A Trivia 12:30P Nutrition Mini-Talk 1:30P Men's Circuit Training 2:00P Mobility vs. Flexibility Workshop 2:30P Cornhole	8 GET ACTIVE <u>Get up and active!</u> <u>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>
9 GET ACTIVE <u>Get up and active!</u> <u>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>	10 9:30A Beg. Core & Balance 10:30A Adv. Core & Balance 11:30A Brain Boost 12:30P Nutrition Mini-Talk 1:30P Functional Strength Training 2:30P Guided Stretch & Breathing 3:00P Quick Memory Challenge	11 9:30A Beg. Strength Training 10:00A Adv. Strength Training 10:30A Aqua Strength 11:30A Nutrition Spotlight 12:30P Equipment Tutorial 1:30P Women's Strength Circuit 2:30P Walking Aerobics 3:00P Floor Stretch & Relaxation	12 9:30A Balance & Agility Drills 10:30A Chair Yoga / Gentle Mobility 11:00A Chair Volleyball (AU) 12:30P Nutrition Mini-Talk 1:30P Resistance Band Strength Training 3:00P Memory Workshop 	13 9:30A Functional Training 10:30A Aqua Cardio 11:30A Nutrition Spotlight 12:30P Equipment Tutorial 1:30P Line Dance Fitness 2:30P Power Walk (Indoor/Outdoor) 3:00P Guided Stretch & Relaxation	14 9:30A Cardio Mix 10:30A Chair Aerobics 11:00A Trivia 12:30P Nutrition Mini-Talk 1:30P Men's Circuit Training 2:00P Mobility vs. Flexibility Workshop 2:30P Cornhole	15 GET ACTIVE <u>Get up and active!</u> <u>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>
16 GET ACTIVE <u>Get up and active!</u> <u>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>	17 9:30A Beg. Core & Balance 10:30A Adv. Core & Balance 11:30A Brain Boost 12:30P Nutrition Mini-Talk 1:30P Functional Strength Training 2:30P Guided Stretch & Breathing 3:00P Quick Memory Challenge	18 9:30A Beg. Strength Training 10:00A Adv. Strength Training 10:30A Aqua Strength 11:30A Nutrition Spotlight 12:30P Equipment Tutorial 1:30P Women's Strength Circuit 2:30P Walking Aerobics 3:00P Floor Stretch & Relaxation	19 9:30A Balance & Agility Drills 10:30A Chair Yoga / Gentle Mobility 11:00A Chair Volleyball (AU) 12:30P Nutrition Mini-Talk 1:30P Resistance Band Strength Training 3:00P Memory Workshop	20 9:30A Functional Training 10:30A Aqua Cardio 11:30A Nutrition Spotlight 12:30P Equipment Tutorial 1:30P Line Dance Fitness 2:30P Power Walk (Indoor/Outdoor) 3:00P Guided Stretch & Relaxation	21 9:30A Cardio Mix 10:30A Chair Aerobics 11:00A Trivia 12:30P Nutrition Mini-Talk 1:30P Men's Circuit Training 2:00P Mobility vs. Flexibility Workshop 2:30P Cornhole	22 GET ACTIVE <u>Get up and active!</u> <u>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>
23/30 GET ACTIVE <u>Get up and active!</u> <u>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>	24 9:30A Beg. Core & Balance 10:30A Adv. Core & Balance 11:30A Brain Boost 12:30P Nutrition Mini-Talk 1:30P Functional Strength Training 2:30P Guided Stretch & Breathing 3:00P Quick Memory Challenge	25 9:30A Beg. Strength Training 10:00A Adv. Strength Training 10:30A Aqua Strength 11:30A Nutrition Spotlight 12:30P Equipment Tutorial 1:30P Women's Strength Circuit 2:30P Walking Aerobics 3:00P Floor Stretch & Relaxation	26 9:30A Balance & Agility Drills 10:30A Chair Yoga / Gentle Mobility 11:00A Chair Volleyball (AU) 12:30P Nutrition Mini-Talk 1:30P Resistance Band Strength Training 3:00P Memory Workshop	27  *No Wellness Classes*	28 *No Wellness Classes*	29 GET ACTIVE <u>Get up and active!</u> <u>Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3</u>