




# Independent Living Calendar

# DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>December 2</b> <i>Annual Christmas Open House</i> 4-7 p.m.		 <b>Wesley Glen</b> <i>Retirement Community</i>	<b>Location Key:</b> L - Library P - Pool BS - Beauty Shop CR - Conference Room FC - Fitness Center FD - Front Drive FP - Front Patio GL - Garrison Lounge GP - Green Patio GR - Guild Room ML - Main Lobby RR - Ravine Room WC - Wellness Center 1EL - 1st Floor East Lounge 4WL - 4th Floor West Lounge AUD - Auditorium IHC - In-House Channel WDR - Wood Dining Room WCL - Wellness Center Lobby AR AL - Activity Room, Assisted Living CH 5E - Chapel 5th Floor East EWDR - East Wood Dining Room WWDR - West Wood Dining Room			9:00 Stuffed Dog Committee (RR) <b>1</b> 10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 2:00 Saturday Movie Matinee: Pete's Dragon (IHC) 7:00 Euchre (RR)
<b>2</b> 4:00 Vespers (AUD & IHC)	<b>3</b> 9:00 Intermediate Water Aerobics (P) 10:00 Meet the Dietitian (L) 10:00 Chair Yoga (GR) 10:30 Advanced Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Seated Strength & Abs (GR) 2:30 Balance & Strength (GR) 3:00 Resident Update (AUD) 6:30 Bridge (RR) 7:00 Rummikub Game (ML) 7:00 Entertainment: The Swing Machine Holiday Concert (AUD)	<b>4</b> 9:00 Arthritis Foundation Aquatics (P) 9:00 Prayer Group (CH 5E) 9:30 Tai Chi Exercise Video (GR) 10:00 IL Bank Trip (ML) 10:00 Stride & Stretch (RR) 10:30 Intermediate Water Aerobics (P) 11:00 Delay the Disease Parkinson's Exercise Class (FC) 1:00 Billiards (RR) 1:00 Neighbors in Conversation (ML) 1:15 Trip to Brain Fitness Meeting at Wesley Woods (ML) 1:30 Pulmonary Exercise (FC) 2:30 Line Dance Class (GR) 6:30 Prayer Group (CH 5E) 7:00 Entertainment: Mark Gordon Gaskill Christmas Show (AUD)	<b>5</b> 8:30 Trip: Pancake Breakfast at Westerville Senior Center (ML) 9:00 Intermediate Water Aerobics (P) 10:00 Library Book Club (L) 10:00 Chair Yoga (GR) 10:30 Advanced Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Seated Strength & Abs (GR) 2:00 DVD: Always at the Carlyle (RR) 2:30 Balance & Strength (GR) 6:00 Advanced Water Aerobics (P) 7:00 EdCom: Ten Monuments That Changed America (AUD)	<b>6</b> 9:00 Arthritis Foundation Aquatics (P) 10:00 30 Minute Balance Class (FC) 10:00 Balance & Brains (AR AL) 10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 1:00 Columbus Metropolitan Library Visit (L) 1:30 Bible Study (RR) 2:00 Tai Chi for Balance (GR) 7:00 Entertainment: Bethel Folk Ensemble (AUD)	<b>7</b> Brain Fitness Friday 8:00 Men's Friday Morning Omelet Group (WWDR) 9:00 Intermediate Water Aerobics (P) 9:15 12 week Tai Chi Class (GR) 10:00 Knit n' Crochet (RR) 10:00 Bible Study (GL) 10:30 Advanced Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 12:00 Trip to Vaudvillities Holiday Show (ML) 1:30 Seated Strength & Abs (GR) 2:30 Balance & Strength (GR) 7:00 Chicken Foot Dominoes (GR)	<b>8</b> 9:00 Stuffed Dog Committee (RR) 10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 2:00 Saturday Movie Matinee: The Eagle Huntress (IHC) 2:00 Entertainment: Holiday Recital by the students of Melissa Robol (AUD) 7:00 Euchre (RR)
<b>9</b> 2:00 Trip: Our Lady of Victory Advent Choral Concert (ML) 4:00 Vespers (AUD & IHC)	<b>10</b> 9:00 Intermediate Water Aerobics (P) 10:00 Chair Yoga (GR) 10:30 Advanced Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Seated Strength & Abs (GR) 2:30 Balance & Strength (GR) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)	<b>11</b> 9:00 Arthritis Foundation Aquatics (P) 9:00 Prayer Group (CH 5E) 9:30 Tai Chi Exercise Video (GR) 10:00 IL Bank Trip (ML) 10:00 Stride & Stretch (RR) 10:30 Intermediate Water Aerobics (P) 11:00 Delay the Disease Parkinson's Exercise Class (FC) 1:00 Billiards (RR) 1:00 Neighbors in Conversation (ML) 1:30 Pulmonary Exercise (FC) 2:00 DVD: The Crown - Wolferton Splash (RR) 2:30 Line Dance Class (GR) 6:30 Prayer Group (CH 5E) 7:00 Entertainment: Worthington Chorus Chorale (AUD)	<b>12</b> 9:00 Intermediate Water Aerobics (P) 10:00 Catholic Eucharist (AUD) 10:00 Chair Yoga (GR) 10:30 Advanced Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 11:30 Women Who Care (WWDR) 1:30 Seated Strength & Abs (GR) 2:00 Entertainment: Final Harvest - A Christmas to Remember (AUD) 2:30 Balance & Strength (GR) 4:30 Birthday Celebration at the Evening Meal (WDR) 6:00 Advanced Water Aerobics (P) 7:00 EdCom: Christmas Glory at Westminster (AUD)	<b>13</b> 9:00 Arthritis Foundation Aquatics (P) 10:00 30 Minute Balance Class (FC) 10:00 Balance & Brains (AR AL) 10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 1:15 Columbus Zoo Senior Safari (AUD) 1:30 Bible Study (RR) 2:00 Tai Chi for Balance (GR) 5:30 Trip: Christmas Lights & Cocoa Nights (ML) 6:30 Entertainment: Assisted Living Hand Chimes Concert (AUD)	<b>14</b> Brain Fitness Friday 8:00 Men's Friday Morning Omelet Group (WWDR) 9:00 Intermediate Water Aerobics (P) 9:15 12 week Tai Chi Class (GR) 10:00 Knit n' Crochet (RR) 10:00 Bible Study (GL) 10:30 Advanced Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 1:00 Entertainment: Columbus Arts and College Preparatory Holiday Concert (AUD) 1:30 Seated Strength & Abs (GR) 2:00 DVD: PBS - Brain Fitness, Part Three (RR) 2:30 Balance & Strength (GR) 3:00 Mocktail Happy Hour (ML) 5:00 Entertainment: Piano Recital, Clintonville Music School (AUD)	<b>15</b> 9:00 Stuffed Dog Committee (RR) 10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 2:00 Saturday Movie Matinee: Mr. Holmes (IHC) 7:00 Entertainment: Central Ohio Community Orchestra (AUD) 7:00 Euchre (RR)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>16</b></p> <p>4:00 Vespers (AUD &amp; IHC)</p>	<p><b>17</b></p> <p>9:00 Intermediate Water Aerobics (P) 10:00 Chair Yoga (GR) 10:30 Advanced Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Seated Strength &amp; Abs (GR) 2:30 Balance &amp; Strength (GR) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)</p>	<p><b>18</b></p> <p>9:00 Arthritis Foundation Aquatics (P) 9:00 Prayer Group (CH 5E) 9:30 Tai Chi Exercise Video (GR) 10:00 IL Bank Trip (ML) 10:00 Stride &amp; Stretch (RR) 10:30 Intermediate Water Aerobics (P) 11:00 Delay the Disease Parkinson's Exercise Class (FC) 11:30 Pizza Lunch In (RR) 1:00 Billiards (RR) 1:00 Neighbors in Conversation (ML) 1:30 Pulmonary Exercise (FC) 2:00 DVD: The Crown - Hyde Park Corner (RR) 2:30 Line Dance Class (GR) 6:30 Prayer Group (CH 5E) 7:00 Entertainment: Olentangy Men's Chorus (AUD)</p>	<p><b>19</b></p> <p>9:00 Intermediate Water Aerobics (P) 10:00 Chair Yoga (GR) 10:30 Advanced Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Seated Strength &amp; Abs (GR) 2:00 DVD: March of the Penguins (RR) 2:30 Balance &amp; Strength (GR) 6:00 Advanced Water Aerobics (P) 7:00 Drama Group Christmas Program (AUD)</p>	<p><b>20</b></p> <p>9:00 Arthritis Foundation Aquatics (P) 10:00 30 Minute Balance Class (FC) 10:00 Balance &amp; Brains (AR AL) 10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 1:30 Bible Study (RR) 2:00 Tai Chi for Balance (GR) 4:00 Drama Group (RR) 7:00 Movie Night: Mary, Queen of Scots (AUD)</p>	<p><b>21</b></p> <p>Brain Fitness Friday 8:00 Men's Friday Morning Omelet Group (WWDR) 9:00 Intermediate Water Aerobics (P) 9:15 12 week Tai Chi Class (GR) 10:00 Knit n' Crochet (RR) 10:00 Bible Study (GL) 10:30 Advanced Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 2:00 Entertainment: Village Brass Quintet (AUD) 1:30 Seated Strength &amp; Abs (GR) 2:30 Balance &amp; Strength (GR) 3:00 Mocktail Happy Hour (ML) 6:00 Trip: Mad Mad Men Swinging Holiday Show (ML) 7:00 Sing Along (AUD) 7:00 Chicken Foot Dominoes (GR)</p>	<p><b>22</b></p> <p>10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 2:00 Saturday Movie Matinee: Truman Capote's A Christmas Memory (IHC) 7:00 Euchre (RR)</p>
<p><b>23</b></p> <p>10:00 Catholic Liturgy of the Word and Communion (AUD) 4:00 Vespers (AUD &amp; IHC)</p>	<p><b>24</b></p> <p>9:00 Intermediate Water Aerobics (P) 10:00 Chair Yoga (GR) 10:30 Advanced Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Seated Strength &amp; Abs (GR) 2:00 Christmas Eve Vespers (AUD) 2:30 Balance &amp; Strength (GR) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)</p>	<p><b>25</b></p> <p style="border: 1px solid black; padding: 5px; text-align: center;"><i>Offices are closed today.</i></p> 	<p><b>26</b></p> <p>9:00 Intermediate Water Aerobics (P) 10:00 Chair Yoga (GR) 10:30 Advanced Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:15 Trip: Holiday Trans-Siberian Orchestra (ML) 1:30 Seated Strength &amp; Abs (GR) 2:00 DVD: Bombshell - The Hedy Lamarr Story (RR) 2:30 Balance &amp; Strength (GR) 6:00 Advanced Water Aerobics (P) 7:00 EdCom: Topic TBA (AUD)</p>	<p><b>27</b></p> <p>9:00 Arthritis Foundation Aquatics (P) 10:00 30 Minute Balance Class (FC) 10:00 Balance &amp; Brains (AR AL) 10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 1:30 Bible Study DVD: Monasteries - A Stressed-Out American's Search for Solitude 2:00 Tai Chi for Balance (GR) 3:00 DVD: The Crown - Windsor (RR) 6:00 Better Breathers Club (GR) 7:00 Movie Night: The Four Seasons (AUD)</p>	<p><b>28</b></p> <p>Brain Fitness Friday 8:00 Men's Friday Morning Omelet Group (WWDR) 8:30 A Time for Veterans - Breakfast Together (WDR) 9:00 Intermediate Water Aerobics (P) 9:15 12 week Tai Chi Class (GR) 10:00 Knit n' Crochet (RR) 10:30 Advanced Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 1:30 Seated Strength &amp; Abs (GR) 2:30 Balance &amp; Strength (GR) 3:00 Mocktail Happy Hour (ML) 7:00 Movie Night: Going In Style (AUD)</p>	<p><b>29</b></p> <p>10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 2:00 Saturday Movie Matinee: Alexander's Ragtime Band (IHC) 7:00 Euchre (RR)</p>
<p><b>30</b></p> <p>4:00 Vespers (AUD &amp; IHC)</p>	<p><b>31</b></p> <p>9:00 Intermediate Water Aerobics (P) 10:00 Chair Yoga (GR) 10:30 Advanced Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Seated Strength &amp; Abs (GR) 2:30 Balance &amp; Strength (GR) 6:30 Bridge (RR) 7:00 Rummikub Game (ML) 7:00 New Year's Eve Game Night Party (AUD)</p>	<p><b>Location Key:</b></p> <p>L - Library P - Pool BS - Beauty Shop CR - Conference Room FC - Fitness Center FD - Front Drive FP - Front Patio GL - Garrison Lounge</p> <p>GP - Green Patio GR - Guild Room ML - Main Lobby RR - Ravine Room WC - Wellness Center 1EL - 1st Floor East Lounge 4WL - 4th Floor West Lounge AUD - Auditorium</p>	<p>AR AL - Activity Room, Assisted Living CH 5E - Chapel 5th Floor East EWDR - East Wood Dining Room WWDR - West Wood Dining Room IHC - In-House Channel WDR - Wood Dining Room WCL - Wellness Center Lobby</p>	<p style="border: 1px solid black; padding: 5px; text-align: center;"><b>Carol Wallenfelsz, ADC, CDP</b> Life Enrichment Supervisor 5155 N. High St, Columbus, OH 43214 cwallenfelsz@thewesleyway.org 614-396-4817</p>	 <p><b>Wesley Glen</b> <i>Retirement Community</i></p>	

