


# Independent Living Calendar

# FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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				<b>1</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 Choir Practice (AUD) 1:30 Seated Strength & Abs (GR) 2:30 Balance & Strength (GR) 3:00 Mocktail Happy Hour (ML) 7:00 Chicken Foot Dominoes (GR)		<b>2</b> 9:00 Stuffed Dog Committee (RR) 10:30 Intermediate Water Aerobics (P) 2:00 Entertainment: Buckeye Twirl (AUD) 2:00 Saturday Movie Matinee: The Golden Years (IHC) 7:00 Euchre (RR)
<b>3</b> 4:00 Vespers (AUD & IHC) 5:00 Ping Pong (GR) 6:00 Football Super Bowl Party (AUD)	<b>4</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) 1:00 Art Reception for Frank Himes (L) 1:30 Seated Strength & Abs (GR) 2:00 Crafting with Mary 2:30 Balance & Strength (GR) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)	<b>5</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) 10:30 Trip: Chinese New Year Lunch Out to China Dynasty (WCL) 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) 2:30 Line Dance Class (GR) 6:30 Prayer Group (CH 5E) 7:00 Entertainment: Mark Werling (AUD)	<b>6</b> 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: The Life of Birds, Part 1 (RR) 2:30 Balance & Strength (GR) 6:00 Advanced Water Aerobics (P) 7:00 EdCom: The Men Who Built America, Part 4 (AUD)	<b>7</b> 9:00 Arthritis Foundation Aquatics (P) 9:15 Trip to Columbus Metropolitan Library Tour and Lunch at MCL Cafeteria (WCL) 10:00 30 Minute Balance Class (FC) 10:00 Balance & Brains (AR AL) 10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 1:30 Bible Study (RR) 2:00 Tai Chi for Balance (GR) 7:00 Movie Night: Benny and Joon (AUD)	<b>8</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 Choir Practice (AUD) 1:30 Seated Strength & Abs (GR) 2:30 Balance & Strength (GR) 3:00 Mocktail Happy Hour (ML)	<b>9</b> 9:00 Stuffed Dog Committee (RR) 10:30 Intermediate Water Aerobics (P) 1:30 Popcorn Social (ML) 2:00 Saturday Movie Matinee: The Life of Birds (IHC) 3:00 Entertainment: Westerville South High School Volunteer Band (AUD) 7:00 Euchre (RR)
<b>10</b> 4:00 Vespers (AUD & IHC) 5:00 Ping Pong (GR)	<b>11</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) 2:00 DVD: The Crown - Matrimony (RR) 2:30 Balance & Strength (GR) 6:30 Bridge (RR) 6:30 Barrington Elementary Students Music Program and Bingo (AUD) 7:00 Rummikub Game (ML)	<b>12</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) 1:30 Laughter Yoga with Bev (GR) 2:00 New Resident Reception (Aud) 2:30 Line Dance Class (GR) 6:30 Prayer Group (CH 5E) 7:00 Team Trivia with Spencer (AUD)	<b>13</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 DVD: First Position (RR) 2:30 Balance & Strength (GR) 4:30 Birthday Celebration at the Evening Meal (WDR) 6:00 Advanced Water Aerobics (P) 7:00 EdCom: Germany's Romantic Road and the Rhine and Mosel Rivers (AUD)	<b>14</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) 11:30 Couples Luncheon (AUD) 1:30 Bible Study (RR) 2:00 Tai Chi for Balance (GR) 2:30 Valentine's Day Vanilla Butternut Popcorn (AUD) 3:00 Resident Update (AUD) 7:00 Movie & Popcorn with the Guild: Good Night and Good Luck (AUD)  <b>Happy Valentine's Day</b>	<b>15</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) 10:30 DVD: Meet David Crone and His Cast of Characters (AR AL) 11:00 Arthritis Foundation Exercise Class (GR) 1:00 Choir Practice (AUD) 1:30 Seated Strength & Abs (GR) 2:00 Brain Fitness Friday DVD: Brain Fitness Frontiers (RR) 2:30 Balance & Strength (GR) 3:00 Mocktail Happy Hour (ML) 7:00 Sing Along (AUD) 7:00 Chicken Foot Dominoes (GR)	<b>16</b> 9:00 Stuffed Dog Committee (RR) 10:30 Intermediate Water Aerobics (P) 2:00 Saturday Movie Matinee: Love and Friendship (IHC) 7:00 Euchre (RR)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<p>4:00 Vespers (AUD &amp; IHC)</p> <p>5:00 Ping Pong (GR)</p>	<p>9:00 Intermediate Water Aerobics (P)</p> <p>10:00 Chair Yoga (GR)</p> <p>10:30 Advanced Water Aerobics (P)</p> <p>11:00 30 Minute Balance Class (FC)</p> <p>1:30 Seated Strength &amp; Abs (GR)</p> <p>2:00 Presentation: Presidential Love Letters (AUD)</p> <p>2:30 Balance &amp; Strength (GR)</p> <p>6:30 Bridge (RR)</p> <p>7:00 Rummikub Game (ML)</p>	<p>9:00 Arthritis Foundation Aquatics (P)</p> <p>9:00 Prayer Group (CH 5E)</p> <p>9:30 Tai Chi Exercise Video (GR)</p> <p>10:00 IL Bank Trip (ML)</p> <p>10:00 Stride &amp; Stretch (RR)</p> <p>10:30 Intermediate Water Aerobics (P)</p> <p>11:00 Delay the Disease Parkinson's Exercise Class (FC)</p> <p>1:00 Billiards (RR)</p> <p>1:00 Neighbors in Conversation (ML)</p> <p>1:30 Pulmonary Exercise (FC)</p> <p>2:00 Meet with Carol, Life Enrichment Supervisor (RR)</p> <p>2:30 Line Dance Class (GR)</p> <p>6:30 Prayer Group (CH 5E)</p> <p>7:00 Entertainment: Ventriloquist David Crone (AUD)</p>	<p>9:00 Intermediate Water Aerobics (P)</p> <p>10:00 Chair Yoga (GR)</p> <p>10:30 Advanced Water Aerobics (P)</p> <p>11:00 30 Minute Balance Class (FC)</p> <p>1:30 Seated Strength &amp; Abs (GR)</p> <p>2:00 DVD: Blessed is the Match - The Life and Death of Hannah Senesh (RR)</p> <p>2:30 Balance &amp; Strength (GR)</p> <p>6:00 Advanced Water Aerobics (P)</p> <p>7:00 EdCom: Earth's Natural Wonders, Life at the Extremes, Part 2 (AUD)</p>	<p>9:00 Arthritis Foundation Aquatics (P)</p> <p>10:00 30 Minute Balance Class (FC)</p> <p>10:00 Balance &amp; Brains (AR AL)</p> <p>10:00 Kroger Trips (ML)</p> <p>10:30 Intermediate Water Aerobics (P)</p> <p>11:15 Columbus Metropolitan Library Visit (L)</p> <p>1:30 Bible Study DVD: Ancient Roads - From Christ to Constantine (RR)</p> <p>2:00 Tai Chi for Balance (GR)</p> <p>4:00 Drama Group (RR)</p> <p>6:30 Bingo &amp; Game Night with OSU Students (AUD)</p>	<p>Brain Fitness Friday</p> <p>8:00 Men's Friday Morning Omelet Group (WWDR)</p> <p>8:30 A Time for Veterans - Breakfast Together (WDR)</p> <p>9:00 Intermediate Water Aerobics (P)</p> <p>9:15 12 week Tai Chi Class (GR)</p> <p>10:00 Knit n' Crochet (RR)</p> <p>10:00 Bible Study (GL)</p> <p>10:30 Advanced Water Aerobics (P)</p> <p>11:00 Arthritis Foundation Exercise Class (GR)</p> <p>1:00 Choir Practice (AUD)</p> <p>1:30 Seated Strength &amp; Abs (GR)</p> <p>2:30 Balance &amp; Strength (GR)</p> <p>3:00 Mocktail Happy Hour (ML)</p> <p>7:00 "By Request" Movie: All the Money in the World (RR)</p>	<p>10:30 Intermediate Water Aerobics (P)</p> <p>2:00 Saturday Movie Matinee: 1776 (IHC)</p> <p>7:00 Euchre (RR)</p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	 <p><b>Wesley Glen</b> <i>Retirement Community</i></p>	
<p>10:00 Catholic Liturgy of the Word and Communion (AUD)</p> <p>4:00 Vespers (AUD &amp; IHC)</p> <p>4:30 Hot Chocolate Bar (ML)</p> <p>5:00 Ping Pong (GR)</p>	<p>9:00 Intermediate Water Aerobics (P)</p> <p>10:00 Chair Yoga (GR)</p> <p>10:30 Advanced Water Aerobics (P)</p> <p>11:00 30 Minute Balance Class (FC)</p> <p>1:30 Seated Strength &amp; Abs (GR)</p> <p>2:00 DVD: The Crown - Dear Mrs. Kennedy (RR)</p> <p>2:30 Balance &amp; Strength (GR)</p> <p>4:30 Trip: Dinner Out to Ted's Montana Grill, Easton (WCL)</p> <p>6:30 Bridge (RR)</p> <p>7:00 Rummikub Game (ML)</p>	<p>9:00 Arthritis Foundation Aquatics (P)</p> <p>9:00 Prayer Group (CH 5E)</p> <p>9:30 Tai Chi Exercise Video (GR)</p> <p>10:00 IL Bank Trip (ML)</p> <p>10:00 Stride &amp; Stretch (RR)</p> <p>10:30 Intermediate Water Aerobics (P)</p> <p>11:00 Delay the Disease Parkinson's Exercise Class (FC)</p> <p>1:00 Billiards (RR)</p> <p>1:00 Neighbors in Conversation (ML)</p> <p>1:30 Pulmonary Exercise (FC)</p> <p>2:00 Town Hall Meeting (AUD)</p> <p>2:30 Line Dance Class (GR)</p> <p>6:30 Prayer Group (CH 5E)</p> <p>7:00 Movie Night: The Finest Hours (AUD)</p>	<p>9:00 Intermediate Water Aerobics (P)</p> <p>10:00 Chair Yoga (GR)</p> <p>10:30 Advanced Water Aerobics (P)</p> <p>11:00 30 Minute Balance Class (FC)</p> <p>1:30 Seated Strength &amp; Abs (GR)</p> <p>2:00 DVD: Ansel Adams (RR)</p> <p>2:30 Balance &amp; Strength (GR)</p> <p>6:00 Advanced Water Aerobics (P)</p> <p>7:00 EdCom: Ten Modern Marvels That Changed America (AUD)</p>	<p>9:00 Arthritis Foundation Aquatics (P)</p> <p>10:00 30 Minute Balance Class (FC)</p> <p>10:00 Balance &amp; Brains (AR AL)</p> <p>10:00 Kroger Trips (ML)</p> <p>10:30 Intermediate Water Aerobics (P)</p> <p>1:30 Bible Study DVD: The Miracles of Jesus (RR)</p> <p>2:00 Tai Chi for Balance (GR)</p> <p>3:00 Wesley Wellness Seminar: Hearing Loss &amp; Associated Diseases (GR)</p> <p>7:00 Movie Night: The Benny Goodman Story (AUD)</p>		

**Location Key:**

L - Library	GL - Garrison Lounge	AUD - Auditorium
P - Pool	GP - Green Patio	IHC - In-House Channel
BS - Beauty Shop	GR - Guild Room	WDR - Wood Dining Room
CR - Conference Room	ML - Main Lobby	WCL - Wellness Center Lobby
FC - Fitness Center	RR - Ravine Room	AR AL - Activity Room, Assisted Living
FD - Front Drive	WC - Wellness Center	CH 5E - Chapel 5th Floor East
FP - Front Patio	1EL - 1st Floor East Lounge	EWDR - East Wood Dining Room
	4WL - 4th Floor West Lounge	WWDR - West Wood Dining Room

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