

Independent Living Calendar

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location Key: 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		January 1 4:30 OSU v Washington Rose Bowl Game Televised in the Aud. GO BUCKS!	1 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: Snowbound - Animals of Winter (RR) 2:30 Balance & Strength (GR) 6:00 Advanced Water Aerobics (P) 7:00 EdCom: The Men Who Built America, Part 4" (AUD)	2 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) 2:00 Tai Chi for Balance (GR) 7:00 Entertainment: Johnny Steiner (AUD)	3 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) 1:30 Seated Strength & Abs (GR) 2:30 Balance & Strength (GR) 3:00 Mocktail Happy Hour (ML) 7:00 Movie Night: Is Anybody Out There? (AUD) 7:00 Chicken Foot Dominoes (GR)	4 10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 2:00 Saturday Movie Matinee: The Snows of Kilimanjaro (IHC) 7:00 Euchre (RR)
6 4:00 Vespers (AUD & IHC)	7 8:45 Trip: Breakfast Out to Blunch, Clintonville (ML) 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) 2:00 DVD: The Crown - Beryl (RR) 2:30 Balance & Strength (GR) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)	8 9:00 Arthritis Foundation Aquatics (P) 9:00 Prayer Group (Chapel on 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) 2:30 Line Dance Class (GR) 6:30 Prayer Group (Chapel on 5E) 7:00 Team Trivia with Spencer (AUD)	9 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: The Donner Party (RR) 2:30 Balance & Strength (GR) 5:00 Anniversary Dinner (AUD) 6:00 Advanced Water Aerobics (P)	10 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) 1:30 Bible Study (RR) 2:00 Tai Chi for Balance (GR) 3:00 Resident Update (AUD) 7:00 Movie & Popcorn with the Guild: Crooked House (AUD)	11 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) 6:30 Trip: McConnell Arts Center - Degas - Passion for Perfection (ML)	12 9:00 Stuffed Dog Committee (RR) 10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 2:00 Saturday Movie Matinee: A Walk in the Sun (IHC) 7:00 Euchre (RR)
13 4:00 Vespers (AUD & IHC)	14 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 - Marionettes (RR) 2:30 Balance & Strength (GR) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)	15 9:00 Arthritis Foundation Aquatics (P) 9:00 Prayer Group (Chapel on 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) 2:30 Line Dance Class (GR) 2:30 Meet the Wellness Coordinator (FC) 6:30 Prayer Group (Chapel on 5E)	16 9:00 Intermediate Water Aerobics (P) 9:30 Meet with Meghan, our Nurse Practitioner (L) 10:00 Chair Yoga (GR) 10:30 Advanced Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 12:00 Lunch with the CEO (WWDR) 1:30 Seated Strength & Abs (GR) 2:00 DVD: Kedi (RR) 2:30 Balance & Strength (GR) 4:30 IL Birthday Dinner (WDR) 6:00 Advanced Water Aerobics (P) 7:00 EdCom: Europe to the Max: Alpine Secrets - Part One. (AUD)	17 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) 1:30 Bible Study (RR) 2:00 Tai Chi for Balance (GR) 4:00 Drama Group (RR) 7:00 Movie Night: The Lost City of Z (AUD)	18 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 Sing Along (AUD) 7:00 Chicken Foot Dominoes (GR)	19 9:00 Stuffed Dog Committee (RR) 10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 2:00 Saturday Movie Matinee: A Star is Born (IHC) 7:00 Euchre (RR)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20 4:00 Vespers (AUD & IHC)	21 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 Entertainment: Don Coe (AUD) 2:30 Balance & Strength (GR) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)	22 9:00 Arthritis Foundation Aquatics (P) 9:00 Prayer Group (Chapel on 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) 11:30 KFC Indoor Picnic Lunch (RR) 1:00 Billiards (RR) 1:00 Neighbors in Conversation (ML) 1:30 Pulmonary Exercise (FC) 2:00 Town Hall Meeting (AUD) 2:30 Line Dance Class (GR) 6:30 Prayer Group (Chapel on 5E) 6:30 Bingo & Game Night with OSU Students (AUD)	23 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: Wait for your Laugh (RR) 2:30 Balance & Strength (GR) 6:00 Advanced Water Aerobics (P) 7:00 EdCom: Ten Streets That Changed America (AUD)	24 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) 11:15 Columbus Metropolitan Library Visit (L) 1:30 Bible Study (RR) 2:00 Tai Chi for Balance (GR) 3:00 Wesley Wellness Seminar: Brain Fitness (GR) 7:00 Movie Night: The Post (IHC)	25 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) 10:00 Bible Study (GL) 10:30 Advanced Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 11:45 Trip: Pro Musica Dress Rehearsal, Sound the Trumpet (ML) 1:00 Choir Practice (AUD) 1:30 Seated Strength & Abs (GR) 2:30 Balance & Strength (GR) 3:00 Mocktail Happy Hour (ML)	26 9:00 Stuffed Dog Committee (RR) 10:00 Kroger Trips (ML) 10:30 Intermediate Water Aerobics (P) 2:00 Saturday Movie Matinee: Man with the Golden Arm (IHC) 2:30 Trip to Cirque du Soleil: Crystal (ML) 7:00 Euchre (RR)
27 10:00 Catholic Liturgy of the Word and Communion (AUD) 4:00 Vespers (AUD & IHC)	28 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 – Vergangenheit (RR) 2:30 Balance & Strength (GR) 4:30 Mystery Guest Dinner Out: Villa Nova (ML) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)	29 9:00 Arthritis Foundation Aquatics (P) 9:00 Prayer Group (Chapel on 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) 2:15 DVD: PBS - Ansel Adams (RR) 2:30 Line Dance Class (GR) 6:30 Prayer Group (Chapel on 5E)	30 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 Art Class: Zentangle (RR) 2:30 Balance & Strength (GR) 6:00 Advanced Water Aerobics (P) 7:00 EdCom: River Voices (AUD)	31 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) 1:30 Bible Study (RR) 2:00 Tai Chi for Balance (GR) 7:00 Movie Night: A Promise (AUD)	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Carol Wallenfelsz, ADC, CDP Life Enrichment Supervisor 5155 N. High St, Columbus, OH 43214 cwallenfelsz@thewesleyway.org 614-396-4817</p> </div>	

Location Key:

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



Wesley Glen
Retirement Community