



Independent Living Calendar

MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 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 Multi Move Cardio Aquatics (P) 11:00 Delay the Disease Parkinson's Exercise Class (FC) 1:00 Billiards (RR) 1:00 Tram Ride at Blacklick Metro Park & Frozen Custard at Culvers (ML) 1:00 Neighbors in Conversation (ML) 1:30 Chair Aerobics (GR) 2:30 Dance Fit Class (GR) 6:30 Prayer Group (CH 5E) 7:00 Movie Night: The Thrill of It All (AUD)	2 9:00 Water Aerobics (P) 10:00 Chair Yoga (GR) 10:00 Library Book Club (L) 10:30 Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Strength and Stability (GR) 2:00 DVD: Mystery of the Senses - Touch (RR) 2:30 Balance & Agility (GR) 6:00 Evening Water Aerobics (P) 7:00 EdCom: China Off the Beaten Track (AUD)	3 9:00 Arthritis Foundation Aquatics (P) 10:00 30 Minute Balance Class (FC) 10:00 Kroger Trips (ML) 10:00 Balance & Brains (AR AL) 10:30 Multi Move Cardio Aquatics (P) 1:30 Bible Study (RR) 2:00 IL Bank Trip (ML) 7:00 Entertainment: Nationaires Spring Concert (AUD)	4 Brain Fitness Friday 8:00 Men's Friday Morning Omelet Group (WWDR) 9:00 Water Aerobics (P) 9:45 Trip to Ballet Met Senior Dress Rehearsal & Lunch Out (ML) 9:45 Tai Chi Class (GR) 10:00 Knit n' Crochet (RR) 10:00 Bible Study (AUD) 10:30 Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 1:00 Choir Practice (AUD) 1:30 Strength and Stability (GR) 2:00 Scrabble (RR) 2:30 Balance & Agility (GR) 3:00 Mocktail Happy Hour (ML) 7:00 Chicken Foot Dominoes (GR)	5 9:00 Stuffed Dog Committee (RR) 10:00 Kroger Trips (ML) 12:00 Water Aerobics (P) 2:00 Saturday Movie Matinee: Secretariat (IHC) 7:00 Euchre (RR)
6 4:00 Vespers (AUD)	7 9:00 Water Aerobics (P) 10:00 Meet the Dietitian (L) 10:00 Chair Yoga (GR) 10:30 Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:00 Card Making with Mary (RR) 1:30 Strength and Stability (GR) 2:30 Balance & Agility (GR) 2:30 Pulmonary Exercise (FC) 3:30 Chair Yoga (AR AL) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)	8 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 Multi Move Cardio Aquatics (P) 11:00 Delay the Disease Parkinson's Exercise Class (FC) 1:00 Billiards (RR) 1:00 Neighbors in Conversation (ML) 1:30 Chair Aerobics (GR) 2:30 Dance Fit Class (GR) 6:30 Prayer Group (CH 5E) 7:00 Movie Night: Murphy's Romance (AUD)	9 9:00 Water Aerobics (P) 10:00 Chair Yoga (GR) 10:00 Catholic Eucharist (AUD) 10:30 Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Strength and Stability (GR) 2:00 DVD: Birders – The Central Park Effect (RR) 2:30 Balance & Agility (GR) 6:00 Evening Water Aerobics (P) 7:00 EdCom: Years of the Olentangy Amusement Park (AUD)	10 9:00 Arthritis Foundation Aquatics (P) 10:00 30 Minute Balance Class (FC) 10:00 Kroger Trips (ML) 10:00 Balance & Brains (AR AL) 10:30 Multi Move Cardio Aquatics (P) 1:30 Bible Study (RR) 2:00 IL Bank Trip (ML) 3:00 Resident Update (AUD) 4:00 Drama Group (AUD) 4:30 Birthday Celebration at Evening Meal (WDR) 7:00 Entertainment: Bethel Folk Ensemble "Old Fashioned Parlor Music" (AUD)	11 Brain Fitness Friday 8:00 Men's Friday Morning Omelet Group (WWDR) 9:00 Water Aerobics (P) 9:45 Tai Chi Class (GR) 10:00 Knit n' Crochet (RR) 10:00 Bible Study (AUD) 10:30 Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 1:00 Choir Practice (AUD) 1:30 Strength and Stability (GR) 2:00 Scrabble (RR) 2:30 Balance & Agility (GR) 3:00 Mocktail Happy Hour (ML)	12 9:00 Stuffed Dog Committee (RR) 10:00 Kroger Trips (ML) 12:00 Water Aerobics (P) 2:00 Saturday Movie Matinee: Shirley Temple – Captain January (IHC) 7:00 Euchre (RR)
13 4:00 Vespers (AUD) 6:15 Concerts on the Green: Charlie Foxtrot Quintet (ML)	14 9:00 Water Aerobics (P) 10:00 Chair Yoga (GR) 10:30 Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Strength and Stability (GR) 2:30 Balance & Agility (GR) 2:30 Pulmonary Exercise (FC) 3:30 Chair Yoga (AR AL) 6:30 Entertainment: Jody Anderson (AUD) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)	15 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 Multi Move Cardio Aquatics (P) 11:00 Delay the Disease Parkinson's Exercise Class (FC) 1:00 Billiards (RR) 1:00 Neighbors in Conversation (ML) 1:30 Chair Aerobics (GR) 2:30 Dance Fit Class (GR) 6:30 Prayer Group (CH 5E) 7:00 Movie & Popcorn Night: O Brother, Where Art Thou? (AUD)	16 9:00 Water Aerobics (P) 9:30 Meet with Meghan, our Nurse Practitioner (L) 9:45 Trip to Franklin Park Conservatory: Blooms and Butterflies (ML) 10:00 Chair Yoga (GR) 10:30 Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Strength and Stability (GR) 2:00 DVD: Healing Words – Poetry and Medicine (RR) 2:30 Balance & Agility (GR) 6:00 Evening Water Aerobics (P) 7:00 EdCom: The Amish - A People of Preservation (AUD)	17 9:00 Arthritis Foundation Aquatics (P) 10:00 30 Minute Balance Class (FC) 10:00 Kroger Trips (ML) 10:00 Balance & Brains (AR AL) 10:30 Multi Move Cardio Aquatics (P) 1:00 Columbus Metropolitan Library Visit (L) 1:30 Bible Study (RR) 2:00 IL Bank Trip (ML) 5:00 Picnic on the Patio – Schmidt's Sausage House Carry Out Dinner (Patio) 6:30 Art at Night: Mixed Media Collage Class (RR)	18 Brain Fitness Friday 8:00 Men's Friday Morning Omelet Group (WWDR) 9:00 Water Aerobics (P) 9:45 Tai Chi Class (GR) 10:00 Knit n' Crochet (RR) 10:00 Bible Study (AUD) 10:30 Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 1:00 Choir Practice (AUD) 1:30 Strength and Stability (GR) 2:00 Scrabble (RR) 2:30 Balance & Agility (GR) 3:00 Mocktail Happy Hour (ML) 7:00 Chicken Foot Dominoes (GR) 7:00 Sing Along (AUD)	19 9:00 Stuffed Dog Committee (RR) 10:00 Kroger Trips (ML) 12:00 Water Aerobics (P) 2:00 Saturday Movie Matinee: Harry Potter and the Prisoner of Azkaban (IHC) 6:00 JohnBehling Society Watercolor Art Exhibit (AUD) 7:00 Euchre (RR)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25	26
1:30 Piano Recital by Melissa Robol (AUD) 4:00 Vespers (AUD)	9:00 Water Aerobics (P) 10:00 Chair Yoga (GR) 10:30 Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Strength and Stability (GR) 2:30 Balance & Agility (GR) 2:30 Pulmonary Exercise (FC) 3:30 Chair Yoga (AR AL) 4:45 Dinner Out – The Refectory (ML) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)	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 Multi Move Cardio Aquatics (P) 11:00 Delay the Disease Parkinson's Exercise Class (FC) 1:00 Billiards (RR) 1:00 Neighbors in Conversation (ML) 1:30 Chair Aerobics (GR) 2:00 Town Hall Meeting (AUD) 2:30 Dance Fit Class (GR) 6:30 Prayer Group (CH 5E) 7:00 Team Trivia Night (AUD)	9:00 Water Aerobics (P) 10:00 Chair Yoga (GR) 10:30 Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Strength and Stability (GR) 2:00 DVD: Animal Planet – White House Pets (RR) 2:30 Balance & Agility (GR) 6:00 Evening Water Aerobics (P) 7:00 EdCom: Treasures of the Earth - Metals (AUD)	9:00 Arthritis Foundation Aquatics (P) 10:00 30 Minute Balance Class (FC) 10:00 Kroger Trips (ML) 10:00 Balance & Brains (AR AL) 10:30 Multi Move Cardio Aquatics (P) 1:30 Bible Study (RR) 2:00 IL Bank Trip (ML) 6:30 Better Breathers Club (GR) 7:00 Game Night and Bingo (RR)	Brain Fitness Friday 8:00 Men's Friday Morning Omelet Group (WWDR) 8:30 A Time for Veterans – Breakfast Together (WDR) 9:00 Water Aerobics (P) 9:45 Tai Chi Class (GR) 10:00 Knit n' Crochet (RR) 10:00 Bible Study (AUD) 10:30 Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 1:00 Choir Practice (AUD) 1:30 Strength and Stability (GR) 2:00 Scrabble (RR) 2:30 Balance & Agility (GR) 3:00 Mocktail Happy Hour (ML) 7:00 Movie Night: The Monuments Men (AUD)	10:00 Kroger Trips (ML) 12:00 Water Aerobics (P) 2:00 Saturday Movie Matinee: McClintock (IHC) 3:00 7th Day Adventists Prince of Peace Choir (AUD) 7:00 Euchre (RR) 7:00 Entertainment: Central Ohio Community Orchestra (AUD)
27	28	29	30	31	 Wesley Glen <i>Retirement Community</i>	
10:00 Catholic Liturgy of the Word and Communion (AUD) 4:00 Vespers (AUD) 6:15 Concerts on the Green: Innervision (ML)	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Memorial Day </div> 9:00 Trip to be in the Memorial Day Parade (WC) 11:00 Memorial Day Picnic (WCPL) 12:00 Memorial Day Picnic OSU Alumni Band (WCPL) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)	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 Multi Move Cardio Aquatics (P) 11:00 Delay the Disease Parkinson's Exercise Class (FC) 1:00 Billiards (RR) 1:00 Neighbors in Conversation (ML) 1:30 Chair Aerobics (GR) 2:30 Dance Fit Class (GR) 6:30 Prayer Group (CH 5E) 7:00 Entertainment: Buckeye State Harmonica Club (AUD)	8:45 Breakfast at IHOP (ML) 9:00 Water Aerobics (P) 10:00 Chair Yoga (GR) 10:30 Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Strength and Stability (GR) 2:00 DVD: Catching Dreams – One Man's Journey to Cirque du Soleil (RR) 2:30 Balance & Agility (GR) 6:00 Evening Water Aerobics (P) 7:00 EdCom: How We Got to Now - Light (AUD)	9:00 Arthritis Foundation Aquatics (P) 10:00 30 Minute Balance Class (FC) 10:00 Kroger Trips (ML) 10:00 Balance & Brains (AR AL) 10:30 Multi Move Cardio Aquatics (P) 1:30 Bible Study (RR) 2:00 IL Bank Trip (ML) 7:00 Entertainment by Johnny Steiner (AUD)		

Location Key:

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

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