


Independent Living Calendar

SEPTEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 Wesley Glen <i>Retirement Community</i>				<p style="text-align: right;">1</p> 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 (GL) 10:30 Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 1:30 Strength and Stability (GR) 2:30 Balance & Agility (GR) 3:00 Mocktail Happy Hour (ML)	<p style="text-align: right;">2</p> 9:00 Stuffed Dog Committee (RR) 10:00 Kroger Trips (ML) 12:00 Water Aerobics (P) 7:00 Euchre (RR)
<p style="text-align: right;">3</p> 4:00 Vespers (AUD)	<p style="text-align: right;">4</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">LABOR DAY</div> 3:30 Chair Yoga (AR, AL) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)	<p style="text-align: right;">5</p> 9:00 Arthritis Foundation Aquatics (P) 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 Gateway to the World Reading Program Celebration (L) 2:30 Dance Fit Class (GR) 7:00 Movie Night: Ben Hur (AUD)	<p style="text-align: right;">6</p> 9:00 Water Aerobics (P) 10:00 Chair Yoga (GR) 10:00 Biography DVD: John Wayne in the Movies (RR) 10:30 Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 1:30 Strength and Stability (GR) 2:00 Western Day Celebration (FD) 2:30 Balance & Agility (GR) 6:00 Evening Water Aerobics (P) 7:00 EdCom (AUD)	<p style="text-align: right;">7</p> 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 Multi Move Cardio Aquatics (P) 1:30 Bible Study (RR) 2:00 IL Bank Trip (ML) 4:00 Drama Group (CR) 7:00 Movie and Popcorn Night: Beauty and the Beast (AUD)	<p style="text-align: right;">8</p> 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 (GL) 10:30 Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 1:00 Choir Practice (AUD) 1:30 Strength and Stability (GR) 2:30 Balance & Agility (GR) 3:00 Mocktail Happy Hour (ML) 7:00 Chicken Foot Domino Night (RR)	<p style="text-align: right;">9</p> 9:00 Stuffed Dog Committee (RR) 10:00 Kroger Trips (ML) 12:00 Water Aerobics (P) 7:00 Euchre (RR)
<p style="text-align: right;">10</p> 4:00 Vespers (AUD)	<p style="text-align: right;">11</p> 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) 1:30 Strength and Stability (GR) 1:30 Art Exhibit Reception: Frank Himes (L) 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)	<p style="text-align: right;">12</p> 9:00 Arthritis Foundation Aquatics (P) 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 Program: The Struggle for Civil Rights for Puerto Ricans Who Live on the Island (RR) 2:30 Dance Fit Class (GR) 7:00 Entertainment by Full Sound Orchestra (AUD)	<p style="text-align: right;">13</p> 9:00 Water Aerobics (P) 10:00 Catholic Eucharist (AUD) 10:00 Chair Yoga (GR) 10:00 Book Club (L) 10:30 Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 11:30 Women Who Care (EWDR) 1:30 Strength and Stability (GR) 2:00 Biography DVD: F. Scott Fitzgerald – The Great American Dreamer (RR) 2:30 Balance & Agility (GR) 6:00 Evening Water Aerobics (P) 7:00 EdCom (AUD)	<p style="text-align: right;">14</p> 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 Birthday Favormakers (RR) 10:30 Multi Move Cardio Aquatics (P) 1:30 Bible Study (RR) 2:00 IL Bank Trip (ML) 2:00 Dog Visit – Meet Pixie & Sandy (ML) 3:00 Resident Update (AUD) 4:00 Drama Group (CR) 4:30 Birthday Celebration at Evening Meal (WDR) 6:30 Entertainment by Walt Steffins (AUD)	<p style="text-align: right;">15</p> Brain Fitness Friday 8:00 Men's Friday Morning Omelet Group (WWDR) 8:30 Breakfast Out to South of Lane (ML) 9:00 Water Aerobics (P) 9:45 Tai Chi Class (GR) 10:00 Knit n' Crochet (RR) 10:00 Bible Study (GL) 10:30 Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 1:00 Choir Practice (AUD) 1:30 Strength and Stability (GR) 2:30 Balance & Agility (GR) 3:00 Mocktail Happy Hour (ML) 7:00 Sing Along (RR)	<p style="text-align: right;">16</p> 9:00 Stuffed Dog Committee (RR) 10:00 Kroger Trips (ML) 12:00 Water Aerobics (P) 7:00 Euchre (RR)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 4:00 Vespers (AUD)	18 9:00 Water Aerobics (P) 10:00 Chair Yoga (GR) 10:30 Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 11:15 Trip to Shop Works Theater and Lunch Out (ML) 1:30 Strength and Stability (GR) 1:30 Writing Group (ML CR) 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)	19 9:00 Arthritis Foundation Aquatics (P) 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) 11:30 Picnic Lunch and Tram Ride at Blacklick Metro Park (ML) 1:00 Billiards (RR) 1:00 Neighbors in Conversation (ML) 1:30 Chair Aerobics (GR) 2:30 Dance Fit Class (GR) 7:00 Movie Night: Ocean's Eleven (AUD)	20 9:00 Water Aerobics (P) 9:30 Meet with Meghan, our Nurse Practitioner (L) 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) 3:00 Biography DVD: James Dean - Sense Memories (AUD) 6:00 Evening Water Aerobics (P) 7:00 EdCom (AUD)	21 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 Multi Move Cardio Aquatics (P) 1:30 Bible Study (RR) 2:00 IL Bank Trip (ML) 4:00 Drama Group (CR) 6:30 Ice Cream Social (ML) 7:00 Entertainment by Johnny Steiner (FD)	22 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 (GL) 10:30 Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 1:00 Choir Practice (AUD) 1:30 Strength and Stability (GR) 2:30 Balance & Agility (GR) 3:00 Mocktail Happy Hour (ML) 7:00 Entertainment - Pianist Igor Lovchinsky (AUD)	23 9:00 Stuffed Dog Committee (RR) 10:00 Kroger Trips (ML) 12:00 Water Aerobics (P) 7:00 Euchre (RR)
24 10:00 Catholic Liturgy of the Word and Communion (AUD) 4:00 Vespers (AUD) 7:00 Game Night and Bingo (RR)	25 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) 4:30 Dinner Out to Pizza House (ML) 6:30 Bridge (RR) 7:00 Rummikub Game (ML)	26 9:00 Arthritis Foundation Aquatics (P) 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) 11:45 KFC Picnic Lunch (RR) 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) 7:00 Team Trivia (AUD)	27 9:00 Water Aerobics (P) 10:00 Chair Yoga (GR) 10:30 Water Aerobics (P) 11:00 30 Minute Balance Class (FC) 11:30 Educator's Luncheon (AUD) 1:30 Strength and Stability (GR) 2:30 Balance & Agility (GR) 6:00 Evening Water Aerobics (P) 7:00 EdCom (AUD)	28 8:30 A Time for Veterans – Breakfast Together (EWDR) 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 Multi Move Cardio Aquatics (P) 12:00 Lunch with the CEO (WDR) 1:00 Columbus Metropolitan Library Visit (L) 1:30 Bible Study (RR) 2:00 IL Bank Trip (ML) 2:45 Biography DVD: Nelson Rockefeller - Passionate Millionaire (RR) 4:00 Drama Group (CR) 6:30 Better Breathers Club (GR) 7:00 Entertainment by Four Winds and Company (AUD)	29 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 (GL) 10:30 Water Aerobics (P) 11:00 Arthritis Foundation Exercise Class (GR) 1:30 Strength and Stability (GR) 2:30 Balance & Agility (GR) 3:00 Mocktail Happy Hour (ML) 7:00 Chicken Foot Domino Night (RR)	30 10:00 Kroger Trips (ML) 12:00 Water Aerobics (P) 7:00 Euchre (RR)

Location Key:

L – Library
 P – Pool
 FC – Fitness Center
 FP – Front Patio
 GR - Guild Room
 RR - Ravine Room
 ML - Main Lobby

GL - Garrison Lounge
 GP - Green Patio
 BS – Beauty Shop
 WC – Wellness Center
 CR - Conference Room
 6CL - 6th Floor Computer Lab
 WCL - Wellness Center Lobby

AUD – Auditorium
 WDR - Wood Dining Room
 1EL - 1st Floor East Lounge
 4WL - 4th Floor West Lounge
 AR AL - Activity Room, Assisted Living
 WWDR - West Wood Dining Room
 EWDR – East Wood Dining Room

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