


WESLEY GLEN INDEPENDENT LIVING LIFE ENRICHMENT CALENDAR

AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 9:00 Water Aerobics P 9:30 Mindful Meditation RR 9:30 Wesley Glen Today IHC 10:00 Adv. Water Aerobics P 10:00 Sports Talk w/Jill CR 10:30 Bocci Ball RR 11:00 Chair Yoga Video IHC 11:00 30 Min Balance GR 1:30 Seated Strength & Abs GR-IHC 2:30 Balance & Strength GR 6:30 Bridge AUD 7:00 Euchre WDR	2 9:00 Arthritis Aquatics P 9:30 Mindful Meditation RR 9:30 Wesley Glen Today IHC 10:00 Water Aerobics P 10:00 Stride & Stretch RR 10:00 Morning Prayer AUD-IHC 10:00 Bank Trip ML 1:00 Mah Jongg 7E Lounge 1:00 Billiards RR 1:30 Pulmonary Exercise GR-IHC 1:30 Current Events EDR 3:00 Wii Golf - GR 7:00 IHC Movie: Call Me Madam	3 9:00 Water Aerobics P 9:30 Wesley Glen Today IHC 10:00 Adv Water Aerobics P 10:00 Graceland Trip ML 11:00 Chair Yoga Video IHC 11:00 30 Min Balance GR 1:00 Bible Study RR 1:30 Seated Strength & Abs GR-IHC 2:00 Luau on ML Patio 2:30 Balance & Strength GR 3:30 Dance Class w/Brent GR 7:00 EDCOM – The Age of Nature Episode 1: Awakening	4 9:00 Arthritis Aquatics P 9:30 Mindful Meditation RR 9:30 Wesley Glen Today IHC 10:00 Water Aerobics P 10:30 Poems and Passages RR 11:00 Chair Yoga Video IHC 11:00 30 Min Balance Wellness Lobby 1:00 Wii Bowling GR 1:00 Supreme Court Educational Lectures DVD: RR 2:00 Graceland Trip ML 3:00 Wellness Documentary: Memory and Mindfulness GR 7:00 Movie Night w/ Popcorn: Water for Elephants	5 9:00 Buckeye Lake Trip ML 9:00 Water Aerobics P 9:30 Wesley Glen Today IHC 9:30 Mindful Meditation RR 10:00 Adv. Water Aerobics P 10:00 Knit and Crochet RR 11:00 Arthritic Exercise Video-IHC ONLY 1:00 Mah Jongg GL 1:30 Seated Strength & Abs Video – IHC ONLY 2:30 Balance & Strength Video – IHC ONLY 7:00 Dominos ML 7:00 Euchre WDR	6 8:00 – 1:00pm – Open Swim (reservation required) 2:00 Resident BINGO in the Auditorium 3:00 Pray the Rosary RR	
	7 9:00 Traditional Worship at Trinity UMC - IHC 1:00 – 5:00pm – Open Swim 3:00 Ecumenical Vespers AUD – IHC 4:00 Catholic TV Mass IHC 7:00 Board Games ML	8 9:00 Water Aerobics P 9:30 Mindful Meditation RR 9:30 Wesley Glen Today IHC 10:00 Adv. Water Aerobics P 10:00 Sports Talk w/Jill CR 10:30 Bocci Ball RR 11:00 Chair Yoga Video IHC 11:00 30 Min Balance GR 1:30 Seated Strength & Abs GR-IHC 2:30 Balance & Strength GR 6:30 Bridge AUD 7:00 Euchre WDR	9 9:00 Arthritis Aquatics P 9:30 Mindful Meditation RR 9:30 Wesley Glen Today IHC 10:00 Water Aerobics P 10:00 Stride & Stretch RR 10:00 Bank Trip ML 1:00 Mah Jongg 7E Lounge 1:00 Billiards RR 1:30 Pulmonary Exercise GR-IHC 1:30 Current Events EDR 2:00 Resident Life Story: Jim Loomis AUD 3:00 Wii Golf - GR 7:00 IHC Movie: Catch Me If You Can	10 9:00 Water Aerobics P 9:30 Wesley Glen Today IHC 10:00 Adv Water Aerobics P 10:00 Graceland Trip ML 11:00 Chair Yoga Video IHC 11:00 30 Min Balance GR 1:00 Bible Study RR 1:30 Seated Strength & Abs GR-IHC 2:30 Balance & Strength GR 2:30 Catholic Mass - AUD 3:30 Horseracing w/Brent RR 5:00 Aug Birthday Celebration WDR 7:00 EDCOM – Hagia Sophia and the Cave Churches of Cappadocia	11 9:00 Arthritis Aquatics P 9:30 Mindful Meditation RR 9:30 Wesley Glen Today IHC 10:00 Water Aerobics P 10:30 Poems and Passages RR 11:00 Chair Yoga Video IHC 11:00 30 Min Balance GR 1:00 Wii Bowling GR 1:00 Supreme Court Educational Lectures DVD: RR 2:00 Graceland Trip ML 7:00 Movie Night w/ Popcorn: Dawn of the Planet of the Apes	12 9:00 Water Aerobics P 9:30 Wesley Glen Today IHC 9:30 Mindful Meditation RR 10:00 Adv. Water Aerobics P 10:00 Knit and Crochet RR 11:00 Arthritic Exercise GR-IHC 1:00 Mah Jongg GL 1:30 Seated Strength & Abs GR-IHC 2:30 Balance & Strength GR 7:00 Dominos ML 7:00 Euchre WDR	13 8:00 – 1:00pm – Open Swim (reservation required) 2:00 Resident BINGO in the Auditorium 3:00 Pray the Rosary RR 7:00 Lulu & Co. Ragtime Band Concert – Green Patio (Outside Ravine Room)
	14 9:00 Traditional Worship at Trinity UMC - IHC 1:00 – 5:00pm – Open Swim 3:00 Ecumenical Vespers AUD – IHC 4:00 Catholic TV Mass IHC 7:00 Board Games ML	15 9:00 Water Aerobics P 9:30 Mindful Meditation RR 9:30 Wesley Glen Today IHC 10:00 Adv. Water Aerobics P 10:00 Sports Talk w/Jill CR 10:00 Thank You Reception for Jillian MacNeill – Wellness Center Clinic Patio 10:30 Bocci Ball RR 11:00 Chair Yoga Video 11:00 30 Min Balance GR 1:30 Seated Strength & Abs GR-IHC 2:30 Balance & Strength GR 6:30 Bridge AUD 7:00 Euchre WDR	16 9:00 Arthritis Aquatics P 9:30 Mindful Meditation RR 9:30 Wesley Glen Today IHC 10:00 Stride n Stretch RR 10:00 Water Aerobics P 10:00 Bank Trip ML 11:00 Delay the Disease GR 1:00 Mah Jongg 7E Lounge 1:00 Billiards RR 1:30 Pulmonary Exercise GR-IHC 1:30 Current Events EDR 3:00 Wii Golf - GR 7:00 IHC Movie: The Proposal	17 9:00 Water Aerobics P 9:30 Wesley Glen Today IHC 10:00 Adv Water Aerobics P 10:00 Graceland Trip ML 11:00 Chair Yoga Video IHC 11:00 30 Min Balance GR 1:00 Bible Study RR 1:30 Seated Strength & Abs GR-IHC 2:30 Balance & Strength GR 3:30 Dance Class w/Brent – GR 5:30 Cocktail Hr (Old Fashioned) RR 7:00 EDCOM – Israel and Egypt	18 9:00 Arthritis Aquatics P 9:30 Mindful Meditation RR 9:30 Wesley Glen Today IHC 10:00 Water Aerobics P 10:30 Poems and Passages RR 11:00 Chair Video IHC 11:00 30 Min Balance GR 1:00 Wii Bowling GR 1:00 Supreme Court Educational Lectures DVD: RR 2:00 Graceland Trip ML 7:00 Scott Brooks Outdoor Concert – ML Patio	19 9:00 Water Aerobics P 9:30 Wesley Glen Today IHC 9:30 Mindful Meditation RR 10:00 Adv. Water Aerobics P 10:00 Knit and Crochet RR 11:00 Arthritic Exercise GR-IHC 1:00 Mah Jongg GL 1:30 Seated Strength & Abs GR-IHC 2:30 Balance & Strength GR 7:00 Dominos ML 7:00 Euchre WDR	20 8:00 – 1:00pm – Open Swim (reservation required) 2:00 Resident BINGO in the Auditorium 3:00 Pray the Rosary RR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>21 9:00 Traditional Worship at Trinity UMC - IHC 1:00 – 5:00pm – Open Swim 3:00 Ecumenical Vespers AUD – IHC 4:00 Catholic TV Mass IHC 7:00 Board Games ML</p>	<p>22 9:00 Water Aerobics P 9:30 Mindful Meditation RR 9:30 Wesley Glen Today IHC 10:00 Adv. Water Aerobics P 10:00 Sports Talk w/Jill CR 10:30 Bocci Ball RR 11:00 Chair Yoga Video IHC 11:00 30 Min Balance GR 1:30 Seated Strength & Abs GR-IHC 2:30 Balance & Strength GR 6:30 Bridge AUD 7:00 Euchre WDR</p>	<p>23 9:00 Arthritis Aquatics P 9:30 Mindful Meditation RR 9:30 Wesley Glen Today IHC 10:00 Stride n Stretch RR 10:00 Water Aerobics P 10:00 Morning Prayer IHC Only 10:00 Bank Trip ML 11:00 Delay the Disease GR 11:00 Art Workshop RR 1:00 Mah Jongg 7E Lounge 1:00 Billiards RR 1:30 Pulmonary Exercise GR-IHC 1:30 Current Events EDR 2:30 Afternoon Tea ADC 3:00 Wii Golf - GR 7:00 IHC Movie: Free Willy</p>	<p>24 9:00 Water Aerobics P 9:30 Wesley Glen Today IHC 10:00 Adv Water Aerobics P 10:00 Graceland Trip ML 11:00 Chair Yoga Video IHC 11:00 30 Min Balance GR 1:30 Seated Strength & Abs GR-IHC 2:00 Johnny Steiner Concert - AUD 2:30 Balance & Strength GR 3:30 Horseracing w/Brent RR 4:30 Dinner Trip to Rusty Bucket 7:00 EDCOM – 10 Monuments that Changed America</p>	<p>25 9:00 Arthritis Aquatics P 9:30 Mindful Meditation RR 9:30 Wesley Glen Today IHC 10:00 Water Aerobics P 10:30 Poems and Passages RR 11:00 30 Min Balance GR 1:00 Wii Bowling GR 1:00 Supreme Court Educational Lectures DVD: RR 2:00 Graceland Trip ML 3:00 Trivia w/ Spencer AUD 7:00 Movie Night w/ Popcorn: The Greatest Showman</p>	<p>26 9:00 Water Aerobics P 9:30 Wesley Glen Today IHC 9:30 Mindful Meditation RR 10:00 Adv. Water Aerobics P 10:00 Knit and Crochet RR 11:00 Arthritic Exercise GR-IHC 1:00 Mah Jongg GL 1:30 Seated Strength & Abs GR-IHC 2:30 Balance & Strength GR 7:00 Dominos ML 7:00 Euchre WDR</p>	<p>27 8:00 – 1:00pm – Open Swim (reservation required) 2:00 Resident BINGO in the Auditorium 3:00 Pray the Rosary RR</p>
<p>28 9:00 Traditional Worship at Trinity UMC – IHC 9:30 Praying the Rosary with Deacon Fortkamp AUD 10:00 Catholic Liturgy of the Word and Communion AUD 1:00 – 5:00pm – Open Swim 3:00 Ecumenical Vespers AUD – IHC 4:00 Catholic TV Mass IHC 7:00 Board Games ML</p>	<p>29 9:00 Water Aerobics P 9:30 Mindful Meditation RR 9:30 Wesley Glen Today IHC 10:00 Adv. Water Aerobics P 10:00 Sports Talk w/Jill CR 10:00 Retirement Reception for Jessica Edwards - Library 10:30 Bocci Ball RR 11:00 Chair Yoga Video IHC 11:00 30 Min Balance GR 1:30 Seated Strength & Abs GR-IHC 2:30 Balance & Strength GR 6:30 Bridge AUD 7:00 Euchre WDR</p>	<p>30 CARNIVAL DAY 9:00 Arthritis Aquatics P 9:30 Mindful Meditation RR 9:30 Wesley Glen Today IHC 10:00 Stride n Stretch RR 10:00 Water Aerobics P 10:00 Morning Prayer AUD-IHC 10:00 Bank Trip ML 11:00 Delay the Disease GR 1:00 Mah Jongg 7E Lounge 1:00 Billiards RR 1:30 Pulmonary Exercise GR-IHC 1:30 Current Events EDR 2:00 Wesley Glen Carnival ML Patio 3:00 Wii Golf - GR 7:00 IHC Movie: Suspicion</p>	<p>31 9:00 Water Aerobics P 9:30 Wesley Glen Today IHC 10:00 Adv Water Aerobics P 10:00 Graceland Trip ML 10:30 Caregiver Support Group – GL 11:00 Chair Yoga Video IHC 11:00 30 Min Balance GR 1:00 Bible Study RR 1:30 Seated Strength & Abs GR-IHC 2:30 Balance & Strength GR 3:30 Dance Class w/Brent - GR 7:00 EDCOM – U.S. National Park</p>	<p><i>Life Enrichment Coordinator: Brent Rayburn</i> BRayburn@thewesleyway.org</p> <p><i>Wellness Coordinator: Spencer Fee</i> SFee@thewesleyway.org <i>Chaplain:</i></p> <p><i>Dawn Swartz</i> DSwartz@thewesleyway.org</p>	<p>All Activities are subject to change due to circumstances*</p>	<p>Key: IHC – In House Channel AUD – Auditorium GR – Guild Room P – Pool EDR – East Dining Room WDR – West Dining Room ML – Main Lobby GL – Garrison Lounge RR – Ravine Room CR – Conference Room</p>