


WESLEY GLEN INDEPENDENT LIVING LIFE ENRICHMENT CALENDAR

SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Wesley Glen		<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>Chaplain: Dawn Swartz</i> DSwartz@thewesleyway.org</p>	<p>All Activities are subject to change due to circumstances*</p>	<p>1 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 7:00 Movie Night w/ Popcorn: Heaven Is Real</p>	<p>2 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 Arthritis Exercise Vid GR-IHC 1:00 Mah Jongg GL 1:30 Seated Strength & Abs Video – GR-IHC 2:30 Balance & Strength –GR 7:00 Dominos ML 7:00 Euchre WDR</p>	<p>3 8:00 – 1:00pm – Open Swim (reservation required) 2:00 Resident BINGO in the Auditorium 3:00 Pray the Rosary RR 7:00 Board Games ML</p> <p><i>Ping Pong Table available in Guild Room</i> <i>Pool Table Available in Ravine Room</i></p>
<p>4 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 <i>Ping Pong Table available in Guild Room</i> <i>Pool Table Available in Ravine Room</i></p>	<p>5 Happy Labor Day! Wellness Center Closed and staff ran Activities Canceled for the day</p>	<p>6 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: Joan Lawrence AUD 3:00 Outdoor Games w/Spencer – Green Patio 7:00 IHC Movie</p>	<p>7 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 7:00 EDCOM</p>	<p>8 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 1:00 Supreme Court Educational Lectures DVD: RR 2:00 Todd Berry Concert AUD 2:00 Graceland Trip ML 7:00 Movie Night w/ Popcorn: What Dreams May Come</p>	<p>9 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 Arthritis Exercise IHC Only 1:00 Mah Jongg GL 1:30 Seated Strength & Abs IHC Only 2:30 Balance & Strength IHC Only 7:00 Dominos ML 7:00 Euchre WDR</p>	<p>10 8:00 – 1:00pm – Open Swim (reservation required) 2:00 Resident BINGO in the Auditorium 3:00 Pray the Rosary RR 7:00 Board Games ML</p> <p><i>Ping Pong Table available in Guild Room</i> <i>Pool Table Available in Ravine Room</i></p>
<p>11 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 <i>Ping Pong Table available in Guild Room</i> <i>Pool Table Available in Ravine Room</i></p>	<p>12 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>13 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 IHC Only 1:30 Current Events EDR 3:00 Outdoor Games w/Spencer – Green Patio 7:00 IHC Movie</p>	<p>14 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 Dance Class w/Brent – GR 5:00 Sept Birthday Celebration WDR 7:00 EDCOM</p>	<p>15 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 Movie Night w/ Popcorn: Forrest Gump</p>	<p>16 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 Arthritis 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 CSO String Trio Performance AUD 7:00 Euchre WDR</p>	<p>17 8:00 – 1:00pm – Open Swim (reservation required) 2:00 Resident BINGO in the Auditorium 3:00 Pray the Rosary RR 4:00 Trip to Germania Oktoberfest in Brewery District ML 7:00 Board Games ML</p> <p><i>Ping Pong Table available in Guild Room</i> <i>Pool Table Available in Ravine Room</i></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>18 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 <i>Ping Pong Table available in Guild Room</i> <i>Pool Table Available in Ravine Room</i></p>	<p>19 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>20 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 1:00 Mah Jongg 7E Lounge 1:00 Billiards RR 1:30 Pulmonary Exercise GR-IHC 1:30 Current Events EDR 3:00 Outdoor Games w/Spencer Green Patio 3:30 Specialty Cocktail Hr: Vodka Lemonade RR 6:00 Aladdin Shrine Band Performance ML Patio</p>	<p>21 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 2:30 Balance & Strength GR 3:30 Horseracing w/Brent RR 7:00 EDCOM</p>	<p>22 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 11:00 New Res. Reception AUD 1:00 Wii Bowling GR 1:00 Supreme Court Educational Lectures DVD: RR 2:00 Graceland Trip ML 3:00 Team Trivia w/ Spencer AUD - IHC 7:00 Movie Night w/ Popcorn: Radio</p>	<p>23 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 Arthritis 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>24 8:00 – 1:00pm – Open Swim (reservation required) 2:00 Resident BINGO in the Auditorium 3:00 Pray the Rosary RR 7:00 Board Games ML <i>Ping Pong Table available in Guild Room</i> <i>Pool Table Available in Ravine Room</i></p>
<p>25 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 <i>Ping Pong Table available in Guild Room</i> <i>Pool Table Available in Ravine Room</i></p>	<p>26 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>27 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 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 Outdoor Games w/Spencer Green Patio 7:00 IHC Movie</p>	<p>28 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 4:30 Dinner Trip to Villa Nova 7:00 EDCOM</p>	<p>29 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 New Res Reception AUD 1:00 Supreme Court Educational Lectures DVD: RR 2:00 Graceland Trip ML 3:00 Nature Group Talk: Friends of Lower Olentangy Watershed RR 7:00 Tim Dvorkin Jazz Piano Concert AUD</p>	<p>30 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 Arthritis Exercise IHC Only 1:00 Mah Jongg GL 1:30 Seated Strength & Abs IHC Only 2:30 Balance & Strength IHC Only 7:00 Dominos ML 7:00 Euchre WDR</p>	<p>Key: <i>IHC – In House Channel</i> <i>AUD – Auditorium</i> <i>GR – Guild Room</i> <i>P – Pool</i> <i>EDR – East Dining Room</i> <i>WDR – West Dining Room</i> <i>ML – Main Lobby</i> <i>GL – Garrison Lounge</i> <i>RR – Ravine Room</i> <i>CR – Conference Room</i> <i>ADC – Adult Day Care</i></p>