

# Independent LIVING

# October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00 Basic Aerobics (FC) <b>1</b> <b>10:00 JOYRIDE</b> 11:00 Balance (FC) 1:30 Basket Making w/Caroline (AR) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) <b>2</b> 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: Game Plan (CL)
9:00-10:00 Lap Swim (AC) <b>3</b> 11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert (CL) Tom Bougher 5:00-7:00 Open Swim (AC)	10:15 Circuit Training (FC) <b>4</b> <b>10:00 BANK TRIP</b> 11:00 Balance (FC) 1:30 Food Committee (C) <b>1:30 WALMART</b> 2:00 In Stitches (AR) 2:30 Basic Aerobics (FC) 3:30 Woodshop w/David & Doug (AR) 6:30 Bingo (CL)	<b>9:15 ROCK STEADY (FC) 5</b> 10:00 Water Fitness (AC) 10:30 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 2:00 Resident Council Planning Committee (C) 7:00 Tuesday Trivia (CR)	10:15 Circuit Training (FC) <b>6</b> 11:00 Balance (FC) 1:00 Village Chorus (CL) <b>2:00 COOKING DEMO W/ANTHONY (DR)</b> 2:30 Basic Aerobics (FC) 3:30 Archaeology: World's Greatest Sites (CL) 6:30 Party Bridge (CR)	<b>9:15 ROCK STEADY (FC) 7</b> 10:00 Water Fitness (AC) 10:30 Low-Impact Aerobics (FC) <b>10:30 SHOGUN'S &amp; SHOPPING @ BRIDGE STREET</b> 1:00 Brush & Canvas (AR) 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)	10:00 Basic Aerobics (FC) <b>8</b> 11:00 Balance (FC) 1:30 Basket Making w/Caroline (AR) <b>2:30 BILLIARDS TOURNAMENT (BR)</b> 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) <b>9</b> <b>9:15 ALZHEIMER'S WALK @ BIG SPRING PARK</b> 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: Focus (CL)
9:00-10:00 Lap Swim (AC) <b>10</b> 11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert (CL) Jennifer Jonas, Guitarist 5:00-7:00 Open Swim (AC)	10:15 Circuit Training (FC) <b>11</b> <b>10:00 KROGER</b> 11:00 Balance (FC) <b>1:00-3:00 PARKWAY PLACE MALL SHOPPING</b> <b>1:30 WALMART</b> 2:00 Executive Committee (CR) 2:00 In Stitches (AR) 2:30 Basic Aerobics (FC) 6:30 Bingo (CL)  Indigenous Peoples' Day	<b>9:15 ROCK STEADY (FC) 12</b> 10:00 Water Fitness (AC) <b>10:30 CATHOLIC MASS LUNCHEON @ GOOD SHEPHERD</b> 10:30 Low-Impact Aerobics (FC) 1:00 Gentle Stretching (FC) 2:00 Resident Council (CL) 3:00 Blood Pressure Clinic (L)	8:30 Hearing Aid Checks (AR) <b>13</b> 10:15 Circuit Training (FC) 11:00 Balance (FC) <b>12:00 LEARNING CIRCLE LUNCHEON (DR)</b> 1:00 Village Chorus (CL) 1:30 Prayer Time Devotional (AR) 2:30 Basic Aerobics (FC) 3:30 Archaeology: World's Greatest Sites (CL) 6:30 Party Bridge (CR)	<b>8:30-11:30 TAILWAGGER TREATS (AR) 14</b> <b>9:15 ROCK STEADY (FC)</b> 10:00 Water Fitness (AC) 10:30 Low-Impact Aerobics (FC) 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)	<b>10:00-12:00 FALL FESTIVAL W/THE POLLARD BROTHERS 15</b> 10:00 Basic Aerobics (FC) 11:00 Balance (FC) 1:30 Basket Making w/Caroline (AR) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) <b>16</b> 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: South Pacific (CL)
9:00-10:00 Lap Swim (AC) <b>17</b> 11:00 Neurobics Mental Exercises (AR) 2:00 Sunday Service w/Erin Schoening 5:00-7:00 Open Swim (AC)	10:15 Circuit Training (FC) <b>18</b> <b>10:00 BANK TRIP</b> 11:00 Balance (FC) <b>1:30 WALMART</b> 2:00 In Stitches (AR) 2:30 Basic Aerobics (FC) 3:30 Woodshop w/David & Doug (AR) 6:30 Bingo (CL)	<b>9:15 ROCK STEADY (FC) 19</b> 10:00 Water Fitness (AC) 10:30 Low-Impact Aerobics (FC) 12:00 Lunch w/Jane (C-Wing, 3rd Floor) 2:00 Gentle Stretching (FC) 7:00 Tuesday Trivia (CR)	10:15 Circuit Training (FC) <b>20</b> 11:00 Balance (FC) 1:00 Village Chorus (CL) <b>2:00 TABLE READING CLUB: CASTING CALL (CL)</b> 2:30 Basic Aerobics (FC) 2:30 Craft Corner: Pumpkin Décor w/Barbara 3:30 Archaeology: World's Greatest Sites (CL) 3:30 Housekeeping Committee (CR) 6:30 Party Bridge (CR)	<b>9:15 ROCK STEADY (FC) 21</b> 10:00 Water Fitness (AC) <b>10:30 POSEY'S RESTAURANT &amp; TATE FARMS</b> 10:30 Low-Impact Aerobics (FC) 1:00 Brush & Canvas (AR) 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)	10:00 Basic Aerobics (FC) <b>22</b> 11:00 Balance (FC) <b>12:00 BOOK CLUB LUNCHEON (DR)</b> 1:30 Basket Making w/Caroline (AR) 2:00 Safety & Security Committee (CR) 2:00 Go Pink Fashion Show (CL) 3:00 Rummikub (AR) 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) <b>23</b> 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: Message in a Bottle (CL)
9:00-10:00 Lap Swim (AC) <b>24</b> 11:00 Neurobics Mental Exercises (AR) 3:00 Sunday Concert (CL) Jennifer Jonas, Guitarist 5:00-7:00 Open Swim (AC)	10:15 Circuit Training (FC) <b>25</b> <b>10:00 PUBLIX</b> 11:00 Balance (FC) 1:00 Maintenance Committee (C-Wing 1st Floor) <b>1:30 WALMART</b> 2:00 Fitness Assessments (CL) 2:00 In Stitches (AR) 2:30 Basic Aerobics (FC) 3:30 Penny Auction (CL) 6:30 Bingo (CL)	<b>9:15 ROCK STEADY (FC) 26</b> 10:00 Water Fitness (AC) 10:30 Low-Impact Aerobics (FC) 12:00 Birthday Lunch (DR) 2:00 Gentle Stretching (FC) 2:00 Landscaping Committee (C) 3:00 Blood Pressure Clinic (L) <b>3:00 TABLE READING CLUB PRACTICE (CL)</b> 7:00 Tuesday Trivia (CR)	10:15 Circuit Training (FC) <b>27</b> 10:00 Fitness Assessments (CL) 11:00 Balance (FC) 1:00 Village Chorus (CL) 2:30 Basic Aerobics (FC) 3:30 Archaeology: World's Greatest Sites (CL) 6:30 Party Bridge (CR)	9:00 Activities Committee (CR) <b>28</b> <b>9:15 ROCK STEADY (FC)</b> 10:00 Water Fitness (AC) 10:30 Low-Impact Aerobics (FC) 11:30 Craft Corner: Halloween Goody Bags 2:00 Gentle Stretching (FC) 7:00 Bible Study (CL)	<b>8:30 DISCUSSION W/JANE (CL) 29</b> 10:00 Basic Aerobics (FC) <b>10:00 Joyride</b> 10:00 Fitness Assessments (CL) 11:00 Balance (FC) 1:30 Basket Making w/Caroline (AR) 3:00 Rummikub (AR) 3:30 Wine & Cheese Halloween Party w/Al Keith 6:30 Hand & Foot (CR)	9:00-10:00 Lap Swim (AC) <b>30</b> 10:00 Shuffleboard 5:00-7:00 Open Swim (AC) 7:00 Movie Night: Casper (CL)

9:00-10:00 Lap Swim (AC) **31**  
11:00 Neurobics Mental Exercises (AR)  
3:00 Sunday Concert (CL)  
Michael Havron, Keyboard  
5:00-7:00 Open Swim (AC)

Halloween

**LEGEND:**  
AR = ARTS & CRAFTS ROOM  
AL = ASSISTED LIVING  
AC = AQUATIC CENTER  
BR = BILLIARDS ROOM  
C = CAFÉ  
CL = CLUB ROOM

**C3 = C WING, 3RD FLOOR**  
CR = CARD ROOM  
DR = DINING ROOM  
FC = FITNESS CENTER  
G = GALLERY  
L = LOBBY  
PR = POKER ROOM  
WS = WOODSHOP

Please sign up at Front Desk for all items listed in blue and load bus 15 minutes early. Please sign up at Front Desk for all items listed in bold.

