

# September-October 2022 Fitness Class Schedule

Classes listed in blue are held in the pool; Tai Chi is held in the Activity Center (AC) except on days of Resident Council meetings, when it is held in the Horsfall Private Dining Room; Strength & Balance with Nancy and Core & More are held in the Activity Center; Dance for PD is in the Horsfall; All Hands On Deck is in the MP Center; all other classes are in the Fitness Center.

## Mondays

8:30 – 9:00 am **Strength & Balance\***  
 9:30 – 10:15 am **Aquacize**  
 10:15 – 10:45 am **Strength & Balance (Nancy)\***  
 10:30 – 11:15 am **Sit & Be Fit\***  
 12:45 – 1:15 pm **Better Balance, Better Brain**  
 1:30 – 2:15 pm **Aquacize**



## Thursdays

8:30 – 9:00 am **Stretch**  
 9:00 – 9:45 **Beginner Tai Chi with Jean (AC)**  
 9:15 – 9:45 am **Strength & Balance**  
 10:00 – 10:45 am **Aquacize**  
 11:00 – 11:30 am **Water Walking**  
 11:00 – 11:30 am **Line Dance\***  
 1:00 – 1:45 pm **Walking Club\***  
 2:00 – 3:00 pm **Resident Only Lap Swim**

## Tuesdays

8:30 – 9:00 am **Stretch**  
 9:00 – 9:45 am **Beginner Tai Chi with Jean**  
 9:15 – 9:45 am **Strength & Balance**  
 9:45 – 10:15 am **Dance for PD\***  
 10:00 – 10:45 am **Aquacize**  
 11:00 – 11:45 am **Aqua Zumba**  
 11:00 – 11:45 am **Chair Yoga**  
 1:30 – 2:00 pm **Outdoor Exercise\***  
 2:00 – 3:00 pm **Resident Only Lap Swim**

## Fridays

8:30 – 9:00 am **Strength & Balance\***  
 9:30 – 10:15 am **Aquacize**  
 10:30 – 11:10 am **Sit & Be Fit\***  
 11:15 – 11:45 am **Core & More (AC)**

## Saturdays

11:00 – 11:50 am **Chair Yoga**

## Wednesdays

8:30 – 9:00 am **Strength & Balance\***  
 9:30 – 10:15 am **Aquacize**  
 10:15 – 10:45 am **Strength & Balance (Nancy)**  
 10:30 – 11:15 am **Sit & Be Fit**  
 12:45 – 1:15 pm **Better Balance, Better Brain**  
 1:30 – 2:15 pm **Aquacize**  
 2:30 – 3:00 pm **Liquid Length (Water Stretch)**  
 3:30 – 4:00 pm **All Hands On Deck\***

### Schedule Changes

- The pool will be closed to members on Friday, 9/16, from 12:00 - 4:00 pm for a special resident/staff event. No open swim that afternoon.
- There will be no Tai Chi on 9/20 or 9/22.
- There will be no Chair Yoga on 10/1, 10/8, 10/11, or 10/15.

### New/Returning Classes

- **Outdoor Exercise** – This new 8-week class will meet on Tuesday afternoons (1:30 – 2:00 pm) near the fish pond in the Masterpiece Gardens. In case of inclement weather, class will be cancelled.
- **Walking Club** – This group activity is back, just in time for nice Fall weather! Meet in the Wellness Lobby on Thursdays after lunch for a brisk walk around our campus (or indoors, in case of rain)! Rena may occasionally add some fun surprises...
- **All Hands On Deck** – Our intern, Mackenzie, will lead this returning class on Wednesday afternoons in the Horsfall. The hand exercises and activities are especially beneficial for those with arthritis but all are welcome.
- **Dance for PD** – We will again show this instructional video series for people with Parkinson's Disease (or anyone who wants to dance in a chair for exercise!) -Tuesday mornings.

### Fitness Center Hours

**Residents:** 24 hours, 7 days per week  
**Members:** 8 am to 8 pm, 7 days per week

Questions? Call Rena or Kristina  
 217-344-2144 or e-mail  
[rleake@clarklindsey.com](mailto:rleake@clarklindsey.com) or  
[klawhead@clarklindsey.com](mailto:klawhead@clarklindsey.com)

### Pool Hours\*

**Residents:**  
 6 am – 8:30 pm, Mon. – Sat.  
 6 am – 6 pm, Sun.  
**Members:**  
 8 am – 8 pm, Mon. – Sat.  
 8 am – 6 pm, Sun.

**NOTE:** Only those residents who are signed up for lap swimming are allowed in the pool or on the deck from 2 – 3 pm on T/Th. The lap lane and jets are NOT available during aquatic classes (listed in blue above).



SUN	MON	TUE	WED	THUR	FRI	SAT							
<div>LOCATION KEY</div> <div>AC - Activity Center</div> <div>AS - Art Studio</div> <div>BGL - Billiard &amp; Game Lounge</div> <div>ILCY - Courtyard</div> <div>* - Departs from Lobby</div> <div>6S - Door 6S</div> <div>GB - Grounds Building</div> <div>HPDR - Horsfall PDR</div> <div>HL - Huegy Lounge</div> <div>ILC - IL Courtyard</div>	<div>DR - Laing Dining Room</div> <div>MMR - Massage/Meditation Room</div> <div>MPG - Masterpiece Gardens</div> <div>MP - Meadowbrook Park</div> <div>MPC - Multi-Purpose Center</div> <div>P - Pool</div> <div>RSO - Residential Services Office</div> <div>SPDR - Simon PDR</div> <div>S - Solarium</div> <div>B - Wellness Lobby Bar</div>			<div>10:00 Coffee (DR)</div> <div>10:15 Communion (SPDR)</div> <div>12:00 Outdoor Picnic (6S)</div> <div>1:00 Ping Pong (AC)</div> <div>1:00 Wellness Nurse (MMR)</div> <div>4:30 Happy Hour (B)</div> <div>7:00 Game Night (HPDR)</div>	<div>10:00 Coffee (DR)</div> <div>10:30 Tech Help (RSO)</div> <div>2:30 Afternoon Social (HL)</div> <div>7:15 Movie Night (AC)</div>	<div>9:30 Billiards (BGL)</div> <div>10:00 Coffee (DR)</div> <div>2:00 500 Card Game (BGL)</div>							
4	<div>Labor Day</div> <div>10:00 Coffee (DR)</div> <div>10:30 Tech Help (RSO)</div> <div>2:00 Comfort Dog Visit (HL)</div> <div>7:00 Euchre (BGL)</div>	5	6	<div>10:00 Coffee (DR)</div> <div>10:30 Tech Help (RSO)</div> <div>1:30 Kay's Band (ILCY)</div> <div>7:00 Outdoor Games (MPG)</div>	7	<div>10:00 Coffee (DR)</div> <div>10:15 Communion (SPDR)</div> <div>11:00 Village Voice Committee (AC)</div> <div>11:45 Van to Common Ground Co-Op (*)</div> <div>1:00 Ping Pong (AC)</div> <div>1:00 Wellness Nurse (MMR)</div> <div>4:30 Happy Hour (B)</div> <div>7:00 The Village Live: Promoting Food Security (AC)</div>	8	<div>Jazz Walk 5:30-7:30 MB Park</div> <div>10:00 Coffee (DR)</div> <div>10:30 Tech Help (RSO)</div> <div>2:30 Afternoon Social (HL)</div> <div>7:30 Movie Night (AC)</div>	9	<div>9:30 Billiards (BGL)</div> <div>10:00 Coffee (DR)</div> <div>2:00 500 Card Game (BGL)</div>	10		
<div>4:00 Fireplace Lit (S)</div>	11	<div>9:00 Wellness Nurse (MMR)</div> <div>10:00 Coffee (DR)</div> <div>10:30 Tech Help (RSO)</div> <div>12:30 Volunteer Project Info Session (HPDR)</div> <div>3:00 Decorations Committee (S)</div> <div>7:00 Euchre (BGL)</div>	12	<div>9:30 Residents Council (AC)</div> <div>10:00 Coffee (DR)</div> <div>1:30 Mahjong (BGL)</div> <div>1:30 PB&amp;J Sandwich Making (DR)</div> <div>3:00 Video Scholars (HPDR)</div> <div>7:00 Painting with Diana (AC)</div>	13	<div>10:00 Coffee (DR)</div> <div>10:30 Tech Help (RSO)</div> <div>1:30 Wellness Wednesday (AC)</div> <div>2:00 Writer's Group (BGL)</div> <div>7:00 Outdoor Games (MPG)</div>	14	<div>9:30 Shuffleboard Tournament (MPG)</div> <div>10:00 Coffee (DR)</div> <div>10:00 Dining Committee (AC)</div> <div>10:15 Communion (SPDR)</div> <div>1:00 Ping Pong (AC)</div> <div>1:00 Wellness Nurse (MMR)</div> <div>3:00 Naturalist Sketch Class (AS)</div> <div>4:30 Happy Hour (B)</div>	15	<div>10:00 Coffee (DR)</div> <div>10:30 Tech Help (RSO)</div> <div>2:00 Hawaiian Regatta (P)</div> <div>2:00 Regatta Live Stream (HPDR)</div> <div>2:30 Afternoon Social (HL)</div> <div>7:15 Movie Night (AC)</div>	16	<div>9:30 Billiards (BGL)</div> <div>9:30 Walk to End Alzheimer's (MP)</div> <div>10:00 Coffee (DR)</div> <div>2:00 500 Card Game (BGL)</div> <div>7:00 Sing-a-Long (AC)</div>	17
<div>4:00 Fireplace Lit (S)</div>	18	<div>9:00 Wellness Nurse (MMR)</div> <div>10:00 Coffee (DR)</div> <div>10:30 Tech Help (RSO)</div> <div>2:00 Afternoon Movie (AC)</div> <div>7:00 Euchre (BGL)</div>	19	<div>10:00 Coffee (DR)</div> <div>1:30 DIY Tie Dye (ILC)</div> <div>1:30 Mahjong (BGL)</div> <div>3:00 Video Scholars (HPDR)</div> <div>7:00 Cooking Demo: Chapati (AC)</div>	20	<div>10:00 Coffee (DR)</div> <div>10:30 Tech Help (RSO)</div> <div>1:00 Tech Talk (AC)</div> <div>2:00 Library Committee (HPDR)</div>	21	<div>10:00 Coffee (DR)</div> <div>10:15 Communion (SPDR)</div> <div>1:00 Ping Pong (AC)</div> <div>1:00 Wellness Nurse (MMR)</div> <div>4:30 Happy Hour (B)</div>	22	<div>10:00 Coffee (DR)</div> <div>10:30 Tech Help (RSO)</div> <div>11:00 Van to North Champaign Shopping (*)</div> <div>1:00 Grounds Building Open House (GB)</div> <div>2:30 Afternoon Social (HL)</div> <div>7:15 Movie Night (AC)</div>	23	<div>9:00 Van to Urbana Farmer's Market (*)</div> <div>9:30 Billiards (BGL)</div> <div>10:00 Coffee (DR)</div> <div>2:00 500 Card Game (BGL)</div> <div>7:00 BINGO (AC)</div>	24
<div>4:00 Fireplace Lit (S)</div>	25	<div>Rosh Hashanah</div> <div>9:00 Wellness Nurse (MMR)</div> <div>10:00 Coffee (DR)</div> <div>10:30 Tech Help (RSO)</div> <div>1:30 Opera Appreciation (AC)</div> <div>7:00 Euchre (BGL)</div>	26	<div>10:00 Coffee (DR)</div> <div>1:30 Mahjong (BGL)</div> <div>1:30 PB&amp;J Sandwich Making (DR)</div> <div>3:00 Video Scholars (HPDR)</div> <div>6:30 U of I Pet Visits (HL)</div> <div>7:30 Trivial Pursuit with Nancy (DR)</div>	27	<div>10:00 Coffee (DR)</div> <div>10:30 Tech Help (RSO)</div> <div>1:00 Stonewall Documentary (AC)</div> <div>2:00 Writer's Group (BGL)</div> <div>3:00 Book Club (AC)</div>	28	<div>Birthday Dinner</div> <div>10:00 Coffee (DR)</div> <div>10:15 Communion (SPDR)</div> <div>1:00 Ping Pong (AC)</div> <div>1:00 Wellness Nurse (MMR)</div> <div>3:00 Naturalist Sketch Class (AS)</div> <div>4:30 Happy Hour (B)</div> <div>7:00 Van to Station Theatre (*)</div>	29	<div>10:00 Coffee (DR)</div> <div>10:30 Tech Help (RSO)</div> <div>1:00 FUNctional Friday (HL)</div> <div>1:00 Pet Visit (HL)</div> <div>2:30 Afternoon Social (HL)</div> <div>7:15 Movie Night (AC)</div>	30		

# September 2022

**Independent Living**

Questions? Contact Kristina 239-6348 klawhead@clarklindsey.com

