

SUN	MON	TUE	WED	THUR	FRI	SAT
3:30 Piano Recital (AC) 4:00 Fireplace Lit (S)	30 Halloween 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 3:00 Halloween Social (HL) 7:00 Euchre (BGL)			LOCATION KEY AC - Activity Center AS - Art Studio BGL - Billiard & Game Lounge * - Departs from Lobby D7 - Door 7 G - Gallery HPDR - Horsfall PDR HL - Huegy Lounge	DR - Laing Dining Room MMR - Massage/Meditation Room MPG - Masterpiece Gardens MPC - Multi-Purpose Center RSO - Residential Services Office SPDR - Simon PDR S - Solarium SCC - Stone Creek Church B - Wellness Lobby Bar	9:30 Billiards (BGL) 10:00 Coffee (DR) 10:30 Van to CU Pride Fest (*) 2:00 500 Card Game (BGL) 7:00 Van to Krannert (*)
3:30 Piano Recital (AC) 4:00 Fireplace Lit (S)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 2:00 Comfort Dog Visit (HL) 7:00 Euchre (BGL)	Yom Kippur Begins 10:00 Coffee (DR) 10:30 Indoor Activities Committee (BGL) 1:00 Van Trip Committee (MPC) 1:30 Mahjong (BGL) 3:00 Video Scholars (HPDR) 7:00 Piano Recital (AC)	Yom Kippur Ends 10:00 Coffee (DR) 10:30 Tech Help (RSO) 1:30 Kay's Band (HL)	10:00 Coffee (DR) 10:15 Communion (SPDR) 10:30 The Urbana Free Library Support (HL) 1:00 Ping Pong (AC) 1:00 Wellness Nurse (MMR) 1:30 Putting Tournament (MPG) 4:30 Happy Hour (B) 7:00 Game Night (HPDR)	10:00 Beehive Inspection (MPG) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 11:45 Van to Common Ground Co-Op/IDEA Store (*) 1:30 Medicare Information Presentation (AC) 2:30 Afternoon Social (HL) 3:00 "I Go On Singing" (HL) 7:15 Movie Night (AC)	9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL) 7:00 Sing-a-Long (AC)
2:00 Afternoon Movie (AC) 3:00 Outdoor Scavenger Hunt (MPG) 4:00 Fireplace Lit (S)	Indigenous Peoples' Day 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 3:00 Decorations Committee (S) 6:30 S'mores Night (MPG) 7:00 Euchre (BGL)	9:30 Residents Council (AC) 10:00 Coffee (DR) 1:30 Mahjong (BGL) 1:30 PB&J Sandwich Making (DR) 3:00 Video Scholars (HPDR) 7:00 Telescope Viewing (D7)	10:00 Coffee (DR) 10:30 Tech Help (RSO) 1:30 Wellness Wednesday (AC) 2:00 Writer's Group (BGL)	10:00 Coffee (DR) 10:15 Communion (SPDR) 11:00 Village Voice Committee (AC) 11:00 Flu Clinic (HPDR) 1:00 Ping Pong (AC) 1:00 Wellness Nurse (MMR) 4:30 Happy Hour (B)	10:00 Coffee (DR) 10:30 Tech Help (RSO) 11:00 Flu Clinic (HPDR) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	U of I Homecoming 9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL)
3:00 Meditation (MPG) 4:00 Fireplace Lit (S) 7:30 Piano & Violin Recital (AC)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 2:00 Afternoon Movie (AC) 7:00 Euchre (BGL)	10:00 Coffee (DR) 1:30 Mahjong (BGL) 3:00 Video Scholars (HPDR) 6:30 U of I Pet Visits (HL)	10:00 Coffee (DR) 10:30 Tech Help (RSO) 11:00 Van to North Champaign Shops (*) 2:00 Library Committee (HPDR) 4:30 Wine Down Wednesday (B)	8:30 CarFit (SCC) 10:00 Coffee (DR) 10:00 Dining Committee (AC) 10:15 Communion (SPDR) 1:00 Ping Pong (AC) 1:00 Wellness Nurse (MMR) 3:00 Naturalist Sketch Class (AS) 4:30 Oktoberfest Happy Hour (B) 7:30 Trivial Pursuit with Paula (DR)	10:00 Coffee (DR) 10:30 Tech Help (RSO) 11:00 Style Show (DR) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL) 7:00 Van to Krannert (*)
2:15 Van to Parkland Theater (*) 4:00 Fireplace Lit (S)	Diwali 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 10:45 Van to Lunch at Curtis Orchard (*) 1:30 Opera Appreciation (AC) 7:00 Euchre (BGL)	10:00 Coffee (DR) 1:30 Mahjong (BGL) 1:30 PB&J Sandwich Making (DR) 3:00 Video Scholars (HPDR)	10:00 Coffee (DR) 10:30 Tech Help (RSO) 11:30 Diwali Lunch & Learn (HPDR) 2:00 Writer's Group (BGL) 3:00 Book Club (AC) 7:30 The Village Live: Continued Fractions (AC)	Birthday Dinner 10:00 Coffee (DR) 10:15 Communion (SPDR) 1:00 Ping Pong (AC) 1:00 Wellness Nurse (MMR) 4:00 Artist Reception - Anne Heiles (G)	10:00 Coffee (DR) 10:30 Tech Help (RSO) 1:00 FUNCTIONal Friday (HL) 1:00 Pet Visit (HL) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL) 7:00 BINGO (AC) 7:00 Van to Krannert (*)

October 2022

Independent Living

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



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 or

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).