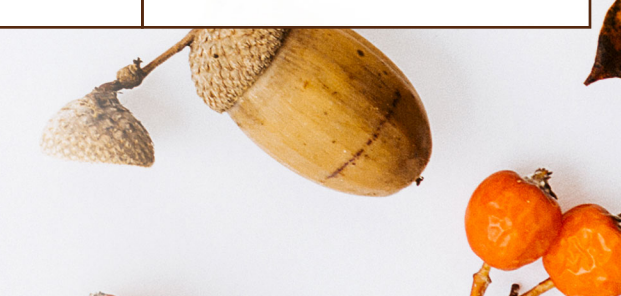


SUN	MON	TUE	WED	THUR	FRI	SAT
		10:00 Coffee (DR) 10:30 Indoor Activities Committee (BGL) 1:00 Van Trip Committee (MPC) 1:30 Mahjong (BGL) 3:00 Video Scholars (HPDR) <b>7:00 Piano Recital (AC)</b>	10:00 Coffee (DR) 10:30 Tech Help (RSO) 1:30 Kay's Band (HL) <b>7:30 Piano Recital (AC)</b>	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:15 Communion (SPDR) 1:00 Ping Pong (AC) 3:00 Naturalist Sketch Class (AS) 4:30 Happy Hour (Wellness Lobby Bar) <b>7:00 Game Night (HPDR)</b>	10:00 Coffee (DR) <b>11:00 Destinos (HPDR)</b> 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL)
<b>Daylight Saving Ends</b> 2:00 Afternoon Movie (AC) <b>2:30 Van to Station Theatre (*)</b> 4:00 Fireplace Lit (S)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) <b>11:00 Destinos (HPDR)</b> 2:00 Comfort Dog Visit (HL) 7:00 Euchre (BGL) <b>7:00 Illini Basketball Party (AC)</b>	<b>9:30 Residents Council (AC)</b> 10:00 Coffee (DR) 1:30 Mahjong (BGL) 1:30 PB&J Sandwich Making (DR) 3:00 Video Scholars (HPDR)	<b>8:00 Indianapolis Trip (*)</b> 10:00 Coffee (DR) 10:30 Tech Help (RSO) 2:00 Writer's Group (BGL)	8:00 Audibel Service (MPC) 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:15 Communion (SPDR) 11:00 Village Voice Committee (AC) 1:00 Ping Pong (AC) 4:30 Happy Hour (Wellness Lobby Bar)	<b>Veterans Day</b> 10:00 Coffee (DR) 10:30 Tech Help (RSO) <b>11:00 Destinos (HPDR)</b> <b>1:30 Medicare Info Presentation (AC)</b> 2:30 Afternoon Social (HL) <b>4:30 Veterans Day Happy Hour (B)</b> 7:15 Movie Night (AC)	9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL) <b>2:00 Music Performance (AC)</b>
<b>13</b>	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) <b>11:00 Turkey Trot (Berns Drive)</b> <b>1:00 Annual Village Meeting (DR)</b> 3:00 Decorations Committee (S) 7:00 Euchre (BGL)	10:00 Coffee (DR) <b>1:00 Audiology Clinic Ear Cleaning (HPDR)</b> 1:30 Mahjong (BGL) 3:00 Video Scholars (HPDR)	10:00 Coffee (DR) 10:30 Tech Help (RSO) <b>11:00 Van to North Champaign Shops (*)</b> 2:00 Library Committee (HPDR)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:00 Dining Committee (AC) 10:15 Communion (SPDR) 1:00 Ping Pong (AC) 3:00 Naturalist Sketch Class (AS) <b>4:30 Autumn Happy Hour (TG)</b> <b>7:30 Piano Recital (AC)</b>	10:00 Coffee (DR) 10:30 Tech Help (RSO) <b>11:00 Destinos (HPDR)</b> 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL) <b>7:00 Indoor Shuffleboard (AC)</b>
<b>7:00 Indoor Shuffleboard (AC)</b>	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) <b>11:00 Destinos (HPDR)</b> 2:00 Afternoon Movie (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) <b>7:30 Trivial Pursuit with Sara (DR)</b>	<b>Birthday Dinner</b> 10:00 Coffee (DR) 10:30 Tech Help (RSO) 2:00 Writer's Group (BGL)	<b>Thanksgiving</b> 10:00 Coffee (DR) <b>12:00 Thanksgiving Dinner (DR)</b> <b>4:00 Thanksgiving Day Games (HPDR)</b>	10:00 Coffee (DR) <b>11:00 Destinos (HPDR)</b> 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) <b>7:00 BINGO (AC)</b>
<b>27</b>	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) <b>11:00 Destinos (HPDR)</b> <b>1:00 Tech Talk (AC)</b> 7:00 Euchre (BGL)	10:00 Coffee (DR) 1:30 Mahjong (BGL) 3:00 Video Scholars (HPDR) <b>6:30 U of I Pet Visits (HL)</b>	10:00 Coffee (DR) 10:30 Tech Help (RSO) 3:00 Book Club (AC) <b>4:00 Kranner Center Happy Hour (HL)</b>	<b>LOCATION KEY</b> AC - Activity Center AS - Art Studio B - Bar BGL - Billiard & Game Lounge * - Departs from Lobby HPDR - Horsfall PDR HL - Huegy Lounge DR - Laing Dining Room	MMR - Massage/Meditation Room MPC - Multi-Purpose Center RSC - Residential Services Office SPDR - Simon PDR S - Solarium TG - Therapy Gym	

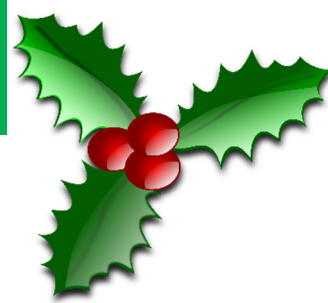
# November 2022

## Independent Living

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



# November-December 2022 Fitness Class Schedule



Location Key: FC – Fitness Center, AC – Activity Center, H – Horsfall Private Dining Room, MPC – Multi-Purpose Center, P - Pool

## **Mondays**

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

## **Thursdays**

8:30 – 8:55 am\* **Stretch (FC)**  
9:00 – 9:45 am **Beginner Tai Chi with Jean (FC)\***  
9:15 – 9:45 am **Strength & Balance (AC)\***  
10:15\* – 11:00 am **Aquacize (P)**  
11:00 – 11:30 am **Water Walking (P)**  
1:30 – 3:00 pm\* **Resident Only Lap Swim (P)**

## **Tuesdays**

8:30 – 8:55 am\* **Stretch (FC)**  
9:00 – 9:45 am **Beginner Tai Chi with Jean (FC)\***  
9:15 – 9:45 am **Strength & Balance (AC)\***  
10:15\* – 11:00 am **Aquacize (P)**  
11:05\* – 11:45 am **Aqua Zumba (P)**  
11:00 – 11:45 am **Chair Yoga (FC)**  
1:30 – 3:00 pm\* **Resident Only Lap Swim (P)**

## **Fridays**

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

## **Saturdays**

11:00 – 11:50 am **Chair Yoga (FC)**

## **Wednesdays**

8:30 – 9:00 am **Strength & Balance (FC)**  
9:30 – 10:15 am **Aquacize (P)**  
10:15 – 10:45 am **Strength & Balance (Nancy)(AC)**  
10:30 – 11:15 am **Sit & Be Fit (FC)**  
12:45 – 1:15 pm **Better Balance, Better Brain (FC)**  
1:00 – 1:30 pm **Dance for PD (H)**  
1:30 – 2:15 pm **Aquacize (P)**  
2:30 – 3:00 pm **Liquid Length (P)**  
3:30 – 4:00 pm **All Hands On Deck (MPC)**

## **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 1:30 – 3 pm on T/Th . Please note the earlier time due to increased resident demand. The lap lane and jets are NOT available during aquatic classes (listed in blue above).*

## **Schedule Changes:**

- \*Please note new start/end times and locations
- **T/Th Morning Strength & Balance** will now meet in the Activity Center on the first floor. *It will not meet on the second Tuesday of the month due to the Residents Council meeting.*
- **Tai Chi** will now meet in the Fitness Center.
- **No Chair Yoga on 11/19 or 11/22.**
- **No Dance for PD or All Hands On Deck on 11/23.**
- **NO Group Fitness Classes on Thursday, 11/24, or Friday 11/25.**
- **Holiday Fitness Challenge: Merry Fitness!** – Join our holiday fitness challenge from 12/1 to 12/31. Put a sticker on the poster each day you use the Fitness Center or Pool (for a class or on your own). Everyone who has at least 20 stickers for the month will be entered into a drawing for a **Merry Fitness!** prize package! One sticker per day please! Sign up in the Resident Engagement Office.
- **The last day of Dance for PD and All Hands On Deck will be 12/14.**