

SUN	MON	TUE	WED	THUR	FRI	SAT
New Year's Day 3:00 Rummikub (HPDR) 4:00 New Year's Day Games (HPDR)	1 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 2:00 Comfort Dog Visit (HL) 3:00 Communion (BGL) 7:00 Euchre (BGL)	2 10:00 Coffee (DR) 10:30 Indoor Activities Committee (BGL) 1:00 Van Trip Committee (MPC) 1:30 Mahjong (BGL) 2:00 Discussion w/Julie Pryde of CUPHD (AC) 3:00 Video Scholars (HPDR)	3 10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 1:30 Kay's Band (HL) 7:00 Cooking Demo (AC)	4 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:15 Communion (SPDR) 10:30 The Urbana Free Library Support (HL) 1:00 Five Crowns Cards (BGL) 1:00 Ping Pong (AC) 4:30 Happy Hour (B) 7:00 Game Night (HPDR)	5 10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	6 9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL)
8 2:00 Afternoon Movie (AC) 3:00 Rummikub (HPDR)	9 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 3:00 Decorations Committee (S) 7:00 Euchre (BGL)	10 9:30 Resident Council (AC) 10:00 Coffee (DR) 1:30 Mahjong (BGL) 1:30 PB&J Sandwich Making (DR) 3:00 Video Scholars (HPDR)	11 10:00 Coffee (DR) 10:30 Tech Help (RSO) 2:00 Writer's Group (BGL)	12 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:15 Communion (SPDR) 11:00 Village Voice (AC) 1:00 Five Crowns Cards (BGL) 1:00 Ping Pong (AC) 4:30 Happy Hour (B)	13 10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	14 9:30 Billiards (BGL) 10:00 Coffee (DR) 11:15 Van to Met Opera (*) 2:00 500 Card Game (BGL)
15 3:00 Rummikub (HPDR)	16 Martin Luther King Jr. Day 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 1:00 Art Workshop Print Making (AS) 2:00 Afternoon Movie (AC) 7:00 Euchre (BGL)	17 10:00 Coffee (DR) 1:30 Mahjong (BGL) 3:00 Video Scholars (HPDR)	18 10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 11:00 Van to North Champaign Shopping (*) 2:00 Library Committee (HPDR)	19 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:00 Dining Committee (AC) 10:15 Communion (SPDR) 1:00 Five Crowns Cards (BGL) 1:00 Ping Pong (AC) 3:00 Naturalist Sketching (AS) 4:30 Happy Hour (B)	20 10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	21 9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL) 7:00 Indoor Shuffleboard (AC)
22 Indoor Shuffleboard Available Lunar New Year 3:00 Rummikub (HPDR)	23 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 1:30 Opera Appreciation (AC) 7:00 Euchre (BGL)	24 10:00 Coffee (DR) 11:00 Lunch & Learn: Food Security (DR) 1:30 Mahjong (BGL) 1:30 PB&J Sandwich Making (DR) 3:00 Video Scholars (HPDR)	25 10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 11:00 Snowball Fight (DR) 2:00 Writer's Group (BGL) 3:00 Book Club (AC)	26 Birthday Dinner 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:15 Communion (SPDR) 1:00 Five Crowns Cards (BGL) 1:00 Ping Pong (AC) 4:30 Happy Hour (B)	27 10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 1:00 Pet Visit (HL) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	28 9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL) 7:00 BINGO (AC)
29 3:00 Piano and Voice Recital (AC) 3:00 Rummikub (HPDR)	30 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 7:00 Euchre (BGL) 7:00 Trivia Night (AC)	31 10:00 Coffee (DR) 1:00 Live Walking Tour: La Paz (HPDR) 1:30 Mahjong (BGL) 3:00 Video Scholars (HPDR)	LOCATION KEY 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 RSO - Residential Services Office SPDR - Simon PDR S - Solarium	January Birthdays 2 - Tam Wei 3 - Richard Schicht 9 - Judy Jones 10 - Dave Dickinson Warren Ruby 11 - Holly Jordan 12 - Bob Gillespie Sue Johnson Joan Lathrap Millie Sims 13 - Jean Johnston Eudora Tharp 14 - Carol Underwood 15 - Bernie Shore 21 - Nancy Curran Bonnie Switzer 23 - Jim Kolak Mahin Rassi 26 - Prudy Spodek 27 - Barbara Ford	

January 2023

Independent Living

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



January-February 2023 Fitness Class Schedule



Location Key: FC – Fitness Center, AC – Activity 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 – 11:05 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 – 11:05 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 – 11:05 am **Sit & Be Fit (FC)**
12:45 – 1:15 pm **Better Balance, Better Brain (FC)**
1:30 – 2:15 pm **Aquacize (P)**
2:30 – 3:00 pm **Liquid Length (P)**

Important Notes:

- **Chair Yoga** – After January 3, Robin is on hiatus. Her **Chair Yoga** classes will resume on *January 31*.
- **Strength & Balance with Nancy** – Nancy will be gone on January 2 and 4, so her **Strength & Balance** class will not meet on those days.
- **Pool closed for event 1/24** - The pool will not be available from 4 to 7:30 pm on Tuesday, 1/24, due to a special event.
- **Fitness Assessments** – Wednesday, February 22, and Thursday, February 23, from 9 am to 12 noon, we will offer Fitness Assessments to all interested residents. These short tests measure strength, flexibility, gait, and balance. We'll establish a baseline fitness level for each participant, which will help determine areas of need and allow residents to set fitness goals. It will also help us evaluate our fitness classes and equipment. Sign up for your assessment time slot outside the library beginning February 13. **No group fitness classes will be held on those 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 1:30 – 3 pm on T/Th.*

The lap lane and jets are NOT available during aquatic classes (listed in blue above).