



March-April 2023 Fitness Class Schedule

Location Key: FC – Fitness Center, AC – Activity Center, P – Pool, HPDR – Horsfall Private Dining Room



Mondays

8:30 – 9:00 am	Strength & Balance (FC)
9:30 – 10:15 am	Aquacize (P)
9:30 – 10:00 am	Better Brain* (FC)
10:15 – 10:45 am	Strength & Balance (Nancy) (AC)
10:30 – 11:05 am	Sit & Be Fit (FC)
1:30 – 2:15 pm	Aquacize (P)
2:00 – 2:30 pm	Beat It! Seated!* (FC)

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)

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)
1:30 – 2:15 pm	All Hands On Deck* (HPDR)
1:30 – 2:00 pm	Aquacize (P)
2:30 – 3:00 pm	Hydro Motion (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)

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

10:00 – 10:45 am	Seated Tap Dance (ends 3/4)
11:00 – 11:50 am	Chair Yoga (FC)

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).

Important Notes

New/Returning Classes

- **Better Brain** – Intern Alice Abdo will lead this fun new class with puzzles, games, and brain teasers to sharpen your cognitive skills on Monday mornings!
- **Beat It! Seat It!** – Join Intern Justin Fauci using drumsticks to feel the rhythm and work your upper body as we bring back this fun class (in a chair)!
- **All Hands On Deck** – Alice has prepared plenty of activities to work your hand and wrist muscles while having fun and creating some cute crafts. Join her in the Horsfall Wednesdays starting 3/1!
- **Hydro Motion** – This new pool class will use the water's resistance to gently strengthen muscles and improve range of motion. Great for those with arthritis or other joint stiffness.

Schedule Changes

- No intern classes the week of 3/13 (Spring Break)!
- No Yoga on 4/25 or 4/29.

SUN	MON	TUE	WED	THUR	FRI	SAT
		 Turn clocks one hour ahead Sunday 3/12	10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 1:30 Kay's Band (HL) 7:00 St. Pats Bible Study (SPDR)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:15 Communion (SPDR) 1:00 Ping Pong (AC) 3:00 Watercolor for Natural Science (AS) 4:30 Happy Hour (B) 7:00 Game Night (HPDR)	10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 2:30 Meet & Greet New Residents (HL) 6:45 Van to Krannert: Lang Lang (*) 7:15 Movie Night (AC)	9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL) 6:45 Van to Krannert: CUSO (*) 7:30 Piano Recital (AC)
2:00 Student String Recital (AC) 3:00 Rummikub (HPDR)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 2:00 Comfort Dog Visit (HL) 3:00 Communion (BGL) 3:30 Bible Study (BGL) 7:00 Euchre (BGL) 7:00 Piano Recital (AC)	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 Sweet Adelines (AC)	Holi 10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 11:00 Van to North Area Shopping (*) 2:00 Writer's Group (BGL) 3:00 Holi Social (HPDR) 7:00 St. Pats Bible Study (SPDR)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:15 Communion (SPDR) 11:00 Village Voice (AC) 1:00 Ping Pong (AC) 4:30 Happy Hour (B)	10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL)
Daylight Saving Time: Spring Forward 2:00 Afternoon Movie (AC) 3:00 Rummikub (HPDR) 5:00 Van to Monical's Pizza (*)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 1:00 Art Workshop (AS) 3:00 Floral Decorations Committee (S) 3:30 Movie Committee (BGL) 7:00 Euchre (BGL)	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) 3:15 Pi Day Social (HL)	10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 1:00 Irish Music Performance (HL) 2:00 Library Committee (HPDR) 7:00 St. Pats Bible Study (SPDR)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:00 Dining Committee (AC) 10:15 Communion (SPDR) 11:45 Van to Common Ground Co-Op (*) 1:00 Ping Pong (AC) 3:00 Watercolor for Natural Science (AS) 4:30 Special Happy Hour (TG)	St. Patrick's Day 9:30 Indoor Shuffleboard Tournament (AC) 10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 2:30 Meet & Greet New Residents (HL) 7:15 Movie Night (AC)	9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL)
3:00 Rummikub (HPDR) 7:00 Poetry and Piano - In Praise of Women's History Month (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)	Beginning of Ramadan 10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 12:45 Van to Bobbie J Handweaving Studio (*) 2:00 Writer's Group (BGL) 7:00 St. Pats Bible Study (SPDR)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:15 Communion (SPDR) 1:00 Ping Pong (AC) 2:30 Chip & Dip Day Social (HL) 4:30 Happy Hour (B) 6:40 Van to Virginia Theatre: Pirates of Penzance (*)	10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 2:30 Afternoon Social (HL) 6:45 Van to Parkland Theatre: The Good Doctor (*) 7:15 Movie Night (AC)	9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL) 7:00 BINGO (AC)
3:00 Rummikub (HPDR)	9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (RSO) 1:30 Opera Appreciation (AC) 7:00 Euchre (BGL)	10:00 Coffee (DR) 10:30 Live Virtual Tour: Budapest (HPDR) 1:30 Mahjong (BGL) 1:30 PB&J Sandwich Making (DR) 3:00 Video Scholars (HPDR) 6:30 U of I Pet Visits (HL) 7:00 Special Presentation: Antarctica Travelogue (AC)	10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 3:00 Book Club (AC) 7:00 St. Pats Bible Study (SPDR)	Birthday Dinner 9:00 Wellness Nurse (MMR) 9:30 Bus Trip to Tootsie the Musical (*) 10:00 Coffee (DR) 10:15 Communion (SPDR) 1:00 Ping Pong (AC) 3:00 Watercolor for Natural Science (AS) 4:30 Happy Hour (B) 6:40 Van to Virginia Theatre: Dance @ Illinois (*)	10:00 Coffee (DR) 10:00 Destinos (HPDR) 10:30 Tech Help (RSO) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	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 TG - Therapy Gym

March 2023

Independent Living

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

