| SUN | MON | TUE | WED | THUR | FRI | SAT |
|---|---|---|---|---|---|---|
| **LOCATION KEY**<br>AC - Activity Center<br>AS - Art Studio<br>B - Bar<br>BGL - Billiard & Game Lounge<br>* - Departs from Lobby<br>6S - Door 6S<br>HPDR - Horsfall PDR<br>HL - Huegy Lounge<br>DR - Laing Dining Room<br>MMR - Massage/Meditation Room<br>MPG - Masterpiece Gardens<br>MPC - Multi-Purpose Center<br>P - Pool<br>RSO - Residential Services Office<br>SPDR - Simon PDR<br>S - Solarium | **1**<br>9:00 Wellness Nurse (MMR)<br>10:00 Coffee (DR)<br>10:30 Tech Help (RSO)<br>**11:00 Special Presentation (AC)**<br>1:30 The Readers (AC)<br>2:00 Comfort Dog Visit (HL)<br>**2:00 Japanese Calligraphy Workshop (HL)**<br>3:00 Communion (BGL)<br>3:30 Bible Study (BGL)<br>7:00 Euchre (BGL) | **2**<br>10:00 Coffee (DR)<br>10:30 Indoor Activities Committee (BGL)<br>1:00 Van Trip Committee (MPC)<br>1:30 Mahjong (BGL)<br>3:00 Video Scholars (HPDR)<br>**6:30 U of I Pet Visits (HL)** | **3**<br>10:00 Coffee (DR)<br>10:30 Tech Help (RSO)<br>**11:00 Club de Espanol (HPDR)**<br>1:30 Everything but the Kitchen Sink Band (HL)<br>7:00 St. Pats Bible Study (SPDR) | **4**<br>9:00 Wellness Nurse (MMR)<br>10:00 Coffee (DR)<br>10:15 Communion (SPDR)<br>**11:45 Van to Common Ground Co-Op (*)**<br>1:00 Ping Pong (AC)<br>4:30 Happy Hour (B)<br>7:00 Game Night (HPDR) | **5**<br>**Cinco de Mayo**<br>10:00 Coffee (DR)<br>10:30 Tech Help (RSO)<br>**2:30 Intern Farewell (HL)**<br>**4:30 Ballet Folklorico (HL)**<br>**6:45 Van to Virginia Theatre (*)**<br>7:15 Movie Night (AC) | **6**<br>9:30 Billiards (BGL)<br>10:00 Coffee (DR)<br>**10:30 Creative Dance Performance (AC)**<br>2:00 500 Card Game (BGL)<br>**2:30 Student Piano Recital (AC)**<br>**6:45 Van to Station Theatre (*)** |
| **7**<br>3:00 Rummikub (HPDR)<br>4:00 Fireplace Lit (S)<br>**7:00 Piano Recital (AC)** | **8**<br>9:00 Wellness Nurse (MMR)<br>10:00 Coffee (DR)<br>10:30 Tech Help (RSO)<br>**1:00 Special Presentation (AC)**<br>3:00 Floral Decorations Committee (S)<br>3:30 Movie Committee (BGL)<br>7:00 Euchre (BGL) | **9**<br>**9:30 Resident Council (AC)**<br>10:00 Coffee (DR)<br>1:30 Mahjong (BGL)<br>1:30 PB&J Making (DR)<br>3:00 Video Scholars (HPDR)<br>**7:00 Student Spring Piano Recital (AC)** | **10**<br>10:00 Coffee (DR)<br>10:30 Tech Help (RSO)<br>**11:00 Club de Espanol (HPDR)**<br>**11:00 Van to North Champaign Shops (*)**<br>2:00 Writer's Group (BGL)<br>**3:00 Health Literacy with Liz: Grip Clinic (HL)**<br>7:00 St. Pats Bible Study (SPDR) | **11**<br>**9:00 Dining Committee (BGL)**<br>9:00 Wellness Nurse (MMR)<br>10:00 Coffee (DR)<br>**10:00 Phase 3 Update (DR)**<br>10:15 Communion (SPDR)<br>11:00 Village Voice (AC)<br>1:00 Ping Pong (AC)<br>**2:30 Kitchen Garden Social (HL)**<br>4:30 Happy Hour (B)<br>**7:30 Piano Recital (AC)** | **12**<br>10:00 Coffee (DR)<br>10:30 Tech Help (RSO)<br>**1:00 Klezmer Duo (AC)**<br>2:30 Afternoon Social (HL)<br>7:15 Movie Night (AC) | **13**<br>9:30 Billiards (BGL)<br>10:00 Coffee (DR)<br>2:00 500 Card Game (BGL) |
| **14**<br>**Mother's Day**<br>3:00 Rummikub (HPDR)<br>4:00 Fireplace Lit (S) | **15**<br>9:00 Wellness Nurse (MMR)<br>10:00 Coffee (DR)<br>10:30 Tech Help (RSO)<br>1:30 Afternoon Movie (AC)<br>7:00 Euchre (BGL) | **16**<br>10:00 Coffee (DR)<br>1:30 Mahjong (BGL)<br>**1:30 Van to KAM: Shozo Sato (*)**<br>3:00 Video Scholars (HPDR) | **17**<br>10:00 Coffee (DR)<br>10:30 Tech Help (RSO)<br>**11:00 Club de Espanol (HPDR)**<br>2:00 Library Committee (HPDR)<br>**3:00 Special Presentation (AC)**<br>**7:00 Birds in Meadowbrook Park (AC)** | **18**<br>9:00 Wellness Nurse (MMR)<br>10:00 Coffee (DR)<br>10:15 Communion (SPDR)<br>1:00 Ping Pong (AC)<br>3:00 Watercolor for Natural Science (AS)<br>4:30 Happy Hour (B) | **19**<br>10:00 Coffee (DR)<br>10:30 Tech Help (RSO)<br>1:30 Caregiver Support Group (HPDR)<br>2:30 Afternoon Social (HL)<br>**2:30 Remote Control Boat Demonstration (P)**<br>7:15 Movie Night (AC) | **20**<br>9:30 Billiards (BGL)<br>10:00 Coffee (DR)<br>**10:00 Student Piano Recital (AC)**<br>2:00 500 Card Game (BGL)<br>**3:00 Conservatory of Central IL (AC)** |
| **21**<br>3:00 Rummikub (HPDR)<br>**3:00 Student Music Recital (AC)**<br>4:00 Fireplace Lit (S) | **22**<br>9:00 Wellness Nurse (MMR)<br>10:00 Coffee (DR)<br>10:30 Tech Help (RSO)<br>1:30 Opera Appreciation (AC)<br>7:00 Euchre (BGL) | **23**<br>10:00 Coffee (DR)<br>**10:30 Virtual Presentation: Ancient Ireland (HPDR)**<br>**12:00 Outdoor Picnic (6S)**<br>1:30 Mahjong (BGL)<br>1:30 PB&J Making (DR)<br>3:00 Video Scholars (HPDR)<br>**7:00 Special Presentation: Cruise Ship Travel (AC)** | **24**<br>10:00 Coffee (DR)<br>10:30 Tech Help (RSO)<br>**11:00 Club de Espanol (HPDR)**<br>2:00 Writer's Group (BGL)<br>**7:00 Opening Day: Outdoor Games (MPG)**<br>7:00 St. Pats Bible Study (SPDR) | **25**<br>**Birthday Dinner**<br>9:00 Wellness Nurse (MMR)<br>10:00 Coffee (DR)<br>**10:00 Van to Allerton Park & Lunch (*)**<br>10:15 Communion (SPDR)<br>1:00 Ping Pong (AC)<br>4:30 Happy Hour (B) | **26**<br>10:00 Coffee (DR)<br>10:30 Tech Help (RSO)<br>2:30 Afternoon Social (HL)<br>7:15 Movie Night (AC) | **27**<br>9:30 Billiards (BGL)<br>10:00 Coffee (DR)<br>2:00 500 Card Game (BGL)<br>7:00 BINGO (AC) |
| **28**<br>3:00 Rummikub (HPDR)<br>4:00 Fireplace Lit (S) | **29**<br>**Memorial Day**<br>10:00 Coffee (DR)<br>1:00 Art Workshop (AS)<br>7:00 Euchre (BGL) | **30**<br>10:00 Coffee (DR)<br>1:30 Mahjong (BGL)<br>**1:30 Van to Spurlock Museum (*)**<br>3:00 Video Scholars (HPDR) | **31**<br>10:00 Coffee (DR)<br>10:30 Tech Help (RSO)<br>**11:00 Club de Espanol (HPDR)**<br>3:00 Book Club (AC)<br>7:00 Outdoor Games (MPG)<br>7:00 St. Pats Bible Study (SPDR) | | | |

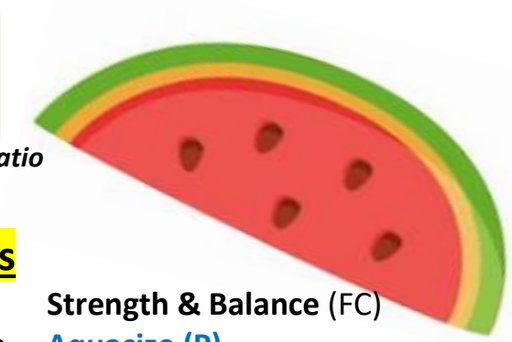
# **May** 2023

## Independent Living

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

CLARK-LINDSEY Wellness Center
Fitness • Recreation • Therapy

# May-June 2023 Fitness Class Schedule



***Location Key: FC – Fitness Center, AC – Activity Center, P – Pool, HPDR – Horsfall Private Dining Room, WL – Meet in Wellness Lobby, SP – Solarium Patio***

## 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 – 11:00 am | **Sit & Be Fit** (FC) |
| 1:30 – 2:15 pm | **Aquacize (P)** |

## Tuesdays

| | |
|---|---|
| 7:30 – 8:00 am | **Wake Up and Walk** (WL)* |
| 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** (SP)* |
| 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 – 11:00 am | **Sit & Be Fit** (FC) |
| 1:30 – 2:15 pm | **Aquacize (P)** |
| 2:30 – 3:00 pm | **Hydro Motion (P)** |

## Thursdays

| | |
|---|---|
| 7:30 – 8:00 am | **Wake Up and Walk** (WL)* |
| 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** (SP)* |
| 10:15 – 11:00 am | **Aquacize (P)** |
| 11:15 – 11:45 | **Zumba Gold** (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)** |
| 10:15 - 10:45 am | **Strength & Balance (Nancy)** (AC) |
| 10:30 – 11:00 am | **Sit & Be Fit** (FC) |
| 11:15 – 11:45 am | **Core & More** (AC) |

## Saturdays

| | |
|---|---|
| 10:00 - 10:45 am | **Seated Tap Dance** (FC, ends 5/27) |
| 11:00 – 11:50 am | **Chair Yoga** (FC) |

## Important Notes

- ***Strength & Balance –*** The T/Th 9:15 am ***Strength & Balance*** class will meet outside the Solarium for May and June (in case of inclement weather, the class will still meet in the Activity Center). On 5/3 ***Strength & Balance with Nancy*** will meet in the MP Room. ***Reminder: Strength & Balance does not meet on days of Resident Council.***
- ***Chair Yoga –*** there will be no Chair Yoga class on 5/2.
- ***Wake Up and Walk –*** this program will offer an opportunity for early risers to walk together (weather permitting) on ClarkLindsey's beautiful paths and Meadowbrook Park sidewalks. Props and other fitness surprises may be included! Meet in the Wellness Lobby.
- ***Zumba Gold –*** This dance exercise class is fun, easy, and great for the body AND the mind! We'll move to Latin and other international rhythms to improve cardiovascular endurance, agility, and memory. No experience or dance partner needed!

## 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).*