

SUN	MON	TUE	WED	THUR	FRI	SAT
Sunday 11/5 <i>Fall Back!</i> SET YOUR CLOCKS BACK ONE HOUR 			9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (HL) 1:00 The Nature Fix Discussion (HPDR) 1:30 Everything but the Kitchen Sink Band (HL) 7:00 St. Pats Bible Study (SPDR) 7:30 Van to U of I Volleyball (*)	1 10:00 Coffee (DR) 10:15 Communion (SPDR) 1:00 Ping Pong (AC) 4:30 Happy Hour (B) 7:00 Game Night (HPDR)	2 10:00 Coffee (DR) 10:30 Tech Help (HL) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	3 9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL) 3:30 Van to CUSO (*) 7:00 Special Presentation (AC)
Daylight Savings Time Ends 2:00 Harp Recital (AC) 3:00 Rummikub (HPDR)	5 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (HL) 11:00 Scrabble (BGL) 2:00 Comfort Dog Visit (HL) 3:00 Communion (BGL) 3:30 Bible Study (BGL) 6:30 Calming Coloring (HL) 7:00 Euchre (BGL)	6 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 Make a Fall Wreath with Hailey (MPC)	7 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (HL) 1:30 Writer's Group (BGL) 2:00 Medicare Presentation (AC) 7:00 St. Pats Bible Study (SPDR)	8 8:00 Audibel Service (MPC) 10:00 Coffee (DR) 10:15 Communion (SPDR) 11:00 Village Voice (HPDR) 1:00 Ping Pong (AC) 4:30 Happy Hour (B) 5:30 Veterans Recognition (DR) 7:00 Special Presentation (AC)	9 10:00 Coffee (DR) 10:30 Tech Help (HL) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	10 Veterans Day 9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL)
Diwali 1:30 Van to Urbana HS Theatre (*) 3:00 Rummikub (HPDR)	12 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (HL) 1:00 Wellness Week: Mind Games & Munchies (AC) 3:00 Floral Decorations Committee (S) 3:30 Movie Committee (BGL) 6:30 Calming Coloring (HL) 7:00 Euchre (BGL)	13 9:30 Resident Council (AC) 10:00 Coffee (DR) 1:30 Mahjong (BGL) 1:30 PB&J Making (DR) 3:00 Video Scholars (HPDR) 7:00 Gratitude & Grapes (HPDR)	14 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (HL) 11:00 Scrabble (BGL) 11:00 Van to North Champaign Shops (*) 1:00 Wellness Week: Chair Yoga (AC) 2:00 Library Committee (HPDR) 7:00 St. Pats Bible Study (SPDR) 7:30 Van to U of I Volleyball (*)	15 10:00 Coffee (DR) 10:00 Dining Committee (AC) 10:15 Communion (SPDR) 1:00 Ping Pong (AC) 1:00 Van to KAM (*) 3:00 Watercolor in Nature (AS) 3:00 Wellness Week: DIY Terrarium/Succulent Potting (MPC) 4:00 Annual Village Meeting (DR) 7:30 Piano Recital (AC)	16 10:00 Coffee (DR) 10:30 Tech Help (HL) 1:30 Caregiver Support Group (HPDR) 2:30 Meet & Greet New Residents (HL) 7:15 Movie Night (AC)	17 9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL) 5:30 Van to U of I Volleyball (*) 7:00 Indoor Shuffleboard (AC)
3:00 Rummikub (HPDR) 4:00 Indoor Shuffleboard (AC)	19 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (HL) 11:00 Scrabble (BGL) 1:30 Afternoon Movie (AC) 7:00 Euchre (BGL) 7:00 Piano Recital (AC)	20 10:00 Coffee (DR) 1:30 Mahjong (BGL) 3:00 Video Scholars (HPDR)	21 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (HL) 1:30 Writer's Group (BGL) 7:00 St. Pats Bible Study (SPDR)	22 Thanksgiving 10:00 Coffee (DR) 12:00 Thanksgiving Dinner (DR)	23 10:00 Coffee (DR) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	24 9:30 Billiards (BGL) 10:00 Coffee (DR) 2:00 500 Card Game (BGL) 7:00 BINGO (AC)
2:30 "Holiday Baubles" Paint Event (AC) 3:00 Rummikub (HPDR)	26 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (HL) 1:00 Opera Appreciation (HPDR) 6:30 Calming Coloring (HL) 7:00 Euchre (BGL)	27 10:00 Coffee (DR) 1:30 Mahjong (BGL) 1:30 PB&J Making (DR) 3:00 Video Scholars (HPDR)	28 9:00 Wellness Nurse (MMR) 10:00 Coffee (DR) 10:30 Tech Help (HL) 3:00 Book Club (AC) 7:00 St. Pats Bible Study (SPDR)	29 Birthday Dinner 10:00 Coffee (DR) 10:15 Communion (SPDR) 11:00 Scrabble (BGL) 1:00 Ping Pong (AC) 4:00 Krannert Center Happy Hour (HL) 4:30 Happy Hour (B)	30 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 SPDR - Simon PDR S - Solarium

November 2023

Independent Living

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



Revised

November-December 2023 Fitness Class Schedule

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

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 – 11:00 am **Sit & Be Fit (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 – 11:45 am **Mat Yoga (FC)***
11:05 – 11:45 am **Aqua Zumba (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)**
11:00 – 11:30 am **All Hands On Deck (Natalia) (HPD)***
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)**
9:30 – 10:00 am **Core & More (Hailey) (FC)***
10:15 – 10:45 am **Strength & Balance (Nancy) (AC)**
10:30 – 11:00 am **Sit & Be Fit (FC)**

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)**
1:30 – 2:15 pm **Aquacize (P)**

Important Notes

* **Swim with Santa** – bring your grandchildren to this fun event from **4 – 6 pm on 12/15**. The pool deck will be decorated and we'll have holiday themed games and refreshments as well as an opportunity to take pictures with Santa in the pool! Space is limited and pre-registration is required.

Watch for details!

The pool will be not be available for lap swim during this event.



* **All Hands On Deck** returns at 11:00 am on Tuesdays, through 12/5, led by Natalia.
* **Core & More** is temporarily moving to 9:30 am on Fridays, led by Hailey.
* **Holiday Schedule Changes –**
No group Fitness Classes 11/23, 11/24, 12/25
No Tai Chi 11/14, 11/16, 11/21, or 11/23
No Chair Yoga 11/11; starts at 10:45 on 11/14
Mat Yoga ends 11/16

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.

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. There is a limit of one time slot per day per resident.

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

- If you remove the lap lane marker, please replace it before you leave the pool.

Members:
8 am – 8 pm, Mon. – Sat.
8 am – 6 pm, Sun.