

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY AC - Activity Center B - Bar BGL - Billiard & Game Lounge G - Gallery HPDR - Horsfall PDR HL - Huegy Lounge DR - Laing Dining Room MMR - Massage/Meditation Room MPC - Multi-Purpose Center P - Pool SPDR - Simon PDR S - Solarium	New Year's Day 9:00 AM Wellness Nurse (MMR) 10:00 AM Coffee (DR) 10:30 AM Tech Help - Cancelled due to holiday (HL) 3:30 PM Bible Study (BGL) 7:00 PM Euchre (BGL)	10:00 AM Coffee (DR) 10:30 AM Indoor Activities Committee (BGL) 1:00 PM Van Trip Committee (MPC) 1:30 PM Mahjong (BGL) 3:00 PM Video Scholars (HPDR)	9:00 AM Wellness Nurse (MMR) 10:00 AM Coffee (DR) 10:30 AM Tech Help (HL) 1:00 PM The Nature Fix Discussion (HPDR) 1:30 PM Everything but the Kitchen Sink Band (HL) 7:00 PM St. Pats Bible Study (SPDR)	10:00 AM Coffee (DR) 10:15 AM Communion (SPDR) 1:00 PM Ping Pong (AC) 1:30 PM The Readers (HPDR) 4:30 PM Happy Hour (B) 7:00 PM Game Night (HPDR)	10:00 AM Coffee (DR) 10:30 AM Tech Help (HL) 10:30 AM The Urbana Free Library Support (HL) 2:30 PM Afternoon Social (HL) 6:30 PM Van Trip to Allerton Holiday Glow 7:15 PM Movie Night (AC)	9:30 AM Billiards (BGL) 10:00 AM Coffee (DR) 2:00 PM 500 Card Game (BGL) 7:00 PM Indoor Shuffleboard (AC)
3:00 PM Rummikub (HPDR) 5:00 PM Van to Monical's Pizza	9:00 AM Wellness Nurse (MMR) 10:00 AM Coffee (DR) 10:30 AM Tech Help (HL) 3:00 PM Communion (Multi-Purpose Room) 3:00 PM Floral Decorations Committee (S) 3:30 PM Movie Committee (BGL) 7:00 PM Euchre (BGL)	9:30 AM Resident Council (AC) 10:00 AM Coffee (DR) 1:30 PM Mahjong (BGL) 1:30 PM PB&J Making (DR) 2:00 PM Comfort Dog Visit (HL) 3:00 PM Video Scholars (HPDR)	9:00 AM Wellness Nurse (MMR) 10:00 AM Coffee (DR) 10:30 AM Tech Help (HL) 1:30 PM Writer's Group (BGL) 7:00 PM St. Pats Bible Study (SPDR)	10:00 AM Coffee (DR) 10:15 AM Communion (SPDR) 11:00 AM Village Voice (HPDR) 1:00 PM Ping Pong (AC) 2:00 PM Movie & Discussion: Life from Above: Colorful Plant (AC) 4:30 PM Artist Reception (G) 4:30 PM Happy Hour-Specialty Martini Bar (B)	10:00 AM Coffee (DR) 10:30 AM Tech Help (HL) 2:30 PM Afternoon Social (HL) 3:30 PM Duck Race (P) 7:15 PM Movie Night (AC)	9:30 AM Billiards (BGL) 10:00 AM Coffee (DR) 10:30 AM Van to CU's Winter Farmer's Market/ Common Ground Food Co-op 2:00 PM 500 Card Game (BGL)
2:00 PM Movie - Battle of Algiers (AC) 3:00 PM Rummikub (HPDR)	Martin Luther King Jr. Day 9:00 AM Wellness Nurse (MMR) 10:00 AM Coffee (DR) 10:30 AM Tech Help (HL) 11:00 AM "DeShawn Williams presenting- My Journey: An MLK experience (AC) 1:30 PM Afternoon Movie (AC) 7:00 PM Euchre (BGL) 7:30 PM Piano Recital (AC)	10:00 AM Coffee (DR) 1:30 PM Mahjong (BGL) 3:00 PM Video Scholars (HPDR)	9:00 AM Wellness Nurse (MMR) 10:00 AM Coffee (DR) 10:30 AM Tech Help (HL) 2:00 PM Library Committee (HPDR) 7:00 PM St. Pats Bible Study (SPDR)	10:00 AM Coffee (DR) 10:00 AM Dining Committee (AC) 10:15 AM Communion (SPDR) 1:00 PM Ping Pong (AC) 4:00 PM Billy Galt: Playing the guitar and singing favorites (HL) 4:30 PM Happy Hour (B)	10:00 AM Coffee (DR) 10:30 AM Tech Help (HL) 1:30 PM Caregiver Support Group (HPDR) 2:30 PM Afternoon Social (HL) 2:30 PM National Popcorn Day Celebration (HL) 6:15 PM Van to Parkland Planetarium 7:15 PM Movie Night (AC)	9:30 AM Billiards (BGL) 10:00 AM Coffee (DR) 2:00 PM 500 Card Game (BGL) 7:00 PM Special Presentation (AC)
3:00 PM Rummikub (HPDR)	9:00 AM Wellness Nurse (MMR) 10:00 AM Coffee (DR) 10:30 AM Tech Help (HL) 1:00 PM Opera Appreciation (HPDR) 7:00 PM Euchre (BGL)	10:00 AM Coffee (DR) 1:30 PM Mahjong (BGL) 1:30 PM PB&J Making (DR) 3:00 PM Video Scholars (HPDR)	9:00 AM Wellness Nurse (MMR) 10:00 AM Coffee (DR) 10:30 AM Tech Help (HL) 1:30 PM Writer's Group (BGL) 7:00 PM St. Pats Bible Study (SPDR)	Birthday Dinner 10:00 AM Coffee (DR) 10:15 AM Communion (SPDR) 1:00 PM Ping Pong (AC) 4:30 PM Happy Hour (B)	10:00 AM Coffee (DR) 10:30 AM Tech Help (HL) 11:30 AM Van Trip to Philo Tavern 2:30 PM New Resident Meet and Greet (HL) 7:15 PM Movie Night (AC)	9:30 AM Billiards (BGL) 10:00 AM Coffee (DR) 2:00 PM 500 Card Game (BGL) 7:00 PM BINGO (AC)
1:15 PM Van to Women's Basketball Game (Illini vs. Minnesota) 3:00 PM Rummikub (HPDR)	9:00 AM Wellness Nurse (MMR) 10:00 AM Coffee (DR) 10:30 AM Tech Help (HL) 7:00 PM Euchre (BGL)	10:00 AM Coffee (DR) 1:30 PM Mahjong (BGL) 3:00 PM Video Scholars (HPDR)	9:00 AM Wellness Nurse (MMR) 10:00 AM Coffee (DR) 10:30 AM Tech Help (HL) 10:30 AM Van to North Champaign Shopping 3:00 PM Book Club (AC) 7:00 PM St. Pats Bible Study (SPDR)			

January-February 2024 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 (Liz)(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)**
11:05 – 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)***
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 (Liz) (AC)***
10:30 – 11:00 am **Sit & Be Fit (FC)**
11:15 – 11:45 am **Core & More) (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 (Liz)(AC)***
10:30 – 11:00 am **Line Dance (Rena)***
1:30 – 2:15 pm **Aquacize (P)**

Important Notes

- Liz Waterstradt is now leading the 10:15 am **Strength & Balance** Class on M/W/F in the Activity Center.
- Line Dance** is back on Wednesdays at 10:30 am in the Fitness Center! A fun workout – no dance skills or partner needed.
- Chair Yoga** will meet at 10:15 am (instead of 11:00) on 2/27 and all Tuesdays in March.
- There will be no **Tai Chi** on 1/2 or 1/4.
- Our **National Rubber Duck Day Race** will take place in the pool on 1/12 at 3:30 pm! Watch for details on how you can sponsor a duck and possibly win a prize while helping the Alzheimer's Association! **Open swim will not be available during this event.**

Fitness Center Hours

Residents: 24 hours, 7 days per week

Members: 8 am to 8 pm, 7 days per week

Questions? Call Rena
217-344-2144 or e-mail
rleake@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.