

SUN

MON

TUE

WED

THUR

FRI

SAT

Grocery Shopping Wednesday Mornings 8:30am Sign-up by 3:00pm each Tuesday with the Concierge

8:00 Circuit Class 2 (Fitness Room)
8:30 Balance 3 (Wellness Aerobic Room)
9:15 Water Walk-n-Move (Pool)
10:00 Catholic Communion (Assisted Living Fireside Lounge)
10:00 Open Water (Pool)
10:30 Boxing 2 (Fitness Room)
10:30 Catholic Communion (Founders North Alcove)
10:30 Trivia (Assisted Living Activity Room)
10:30 Art Class - On Your Own Today! (Art Studio)
11:00 Balance 1 (Assisted Living Activity Room)
11:00 Tai Cheng (Wellness Aerobic Room)
1:30 Balance 2 (Wellness Aerobic Room)
1:00 Shuffleboard & Bags Game (Wellness Center Game Room)
1:30 Open Water (Pool)
1:30 Men's Closed Door Workout (Fitness Room)
1:30 Bunco (Assisted Living Activity Room)
2:00 Water Movement Class (Pool)
2:00 Tech and Touchtown Help with UIS Students (Atrium)
7:00 Evening Movie (Theatre)

1

7:30 Water Movement (Pool)
8:30 Circuit Class 2 (Fitness Room)
9:00 Stretch 2 (Wellness Aerobic Room)
9:30 Men's Discussion Group (Founders Great Room)
10:00 Boxing 3 (Fitness Room)
10:30 Circuit Class 1 (Fitness Room)
10:30 Volleyball Practice (Assisted Living Fireside Lounge)
11:00 Stretch 1 (Assisted Living Fireside Lounge)
11:30 Boxing 1 (Fitness Room)
1:00 Water Walking (Pool)
1:30 ELCA Worship/Open Communion (Chapel)
1:45 Walgreens Drug Mart (Sign-up Deadline by 3:00pm 10/1/18)
2:00 Getting Strong (Assisted Living Fireside Lounge)
2:30 Wii Bowling (Assisted Living Fireside Lounge)
2:30 Bingo (Care Center Market)
6:30 Interactive Salsa Dancing with Julio (Concordia Room)
7:00 Evening Movie (Theatre)

2

7:30 ?Mystery Water Workout? (Pool)
8:00 Circuit Class 2 (Fitness Room)
8:30 Balance 3 (Wellness Aerobic Room)
8:30 Grocery Shopping (Sign-up each Tuesday by 3:00pm)
9:00 Clay Creations - Picture Frame: Reservations Required (Art Studio)
9:15 Water Volleyball (Pool)
10:00 Open Water (Pool)
10:30 Boxing 2 (Fitness Room)
10:30 Name That Tune (Wellness Center Game Room)
10:30 Catholic Communion (Assisted Living Fireside Lounge)
10:45 Catholic Communion (Founders North Alcove)
11:00 Balance 1 (Assisted Living Activity Room)
11:00 Tai Cheng (Wellness Aerobic Room)
1:00 Balance 2 (Wellness Aerobic Room)
1:00 Shuffleboard & Bags Game (Wellness Center Game Room)
1:30 Open Water (Pool)
1:30 Men's Closed Door Workout (Fitness Room)
2:00 LCMS Communion (Chapel)
2:00 Water Movement Class (Pool)
2:30 Bingo (Assisted Living Activity Room)
7:00 Hand and Foot (Founders Great Room)
7:00 Evening Movie (Theatre)

3

7:30 Water Movement Class (Pool)
8:30 Circuit Class 2 (Fitness Room)
9:00 Stretch 2 (Wellness Aerobic Room)
9:30 Land Walking (Game Room)
9:30 Pretty Nails (Assisted Living Activity Room)
10:00 Boxing 3 (Fitness Room)
10:30 Circuit Class 1 (Fitness Room)
11:00 Stretch 1 (Assisted Living Activity Room)
11:30 Cancelled: Stretch-n-Toss (Care Center Market)
1:00 Water Walking (Pool)
1:00 Open Bridge (Founders Library)
1:00 Color Your World - Cancelled Today (Art Studio)
1:45 White Oaks Mall Shopping Outing (Sign-up Deadline by 3pm 10/3/18)
2:00 Getting Strong (Assisted Living Fireside Lounge)
2:00 Illinois Symphony, Woodwind Quintet Performance (Chapel/Concordia Room/Harmony Room)
2:00 LCMS Bible Class (Founders Great Room)
3:00 Needle Craft (Founders Great Room)
7:00 Evening Movie (Theatre)

4

8:30 Balance 3 (Wellness Aerobic Room)
9:15 ?Mystery Water Workout? (Pool)
10:00 Open Water (Pool)
10:00 Catholic Communion (Assisted Living Fireside Lounge)
10:30 Catholic Communion (Founders North Alcove)
10:30 Trivia (Assisted Living Activity Room)
11:00 Balance 1 (Assisted Living Activity Room)
11:00 Tai Cheng (Wellness Aerobic Room)
1:00 Balance 2 (Wellness Aerobic Room)
1:00 Open Wii Bowling (Founders Great Room)
1:30 Land Walking (Wellness Game Room)
1:30 Movie and Popcorn (Assisted Living Fireside Lounge)
2:00 Open Wii Golf (Founders Great Room)
7:00 Evening Movie (Theatre)

5

Scholarship Brunch from 10:30am - 1:30pm
Purchase Tickets from any Committee Member for \$22
10:00 Ladies Discussion Group (Founders Great Room)
10:00 United Methodist Bible Study (Care Center Market)
11:00 Seated Tai Chang (Assisted Living Fireside Lounge)
2:00 Needle Crafting (Assisted Living North Porch)
2:30 Magic is FUN-TASTIC! (Chapel/Concordia Room)
3:00 Matinee Movie (Theatre)
7:00 Evening Movie (Theatre)

6

10:30 Sunday Morning Worship (Tune into TV Channel 974 - Chapel)
11:00 Catholic Communion (Assisted Living Fireside Lounge)
1:00 Open Bridge (Founders Library)
1:30 United Methodist Church with Open Communion (Chapel)
3:00 Matinee Movie (Theatre)
7:00 Vesper Service (Founders Great Room)

7

Columbus Day
8:00 Circuit Class 2 (Fitness Room)
8:30 Balance 3 (Wellness Aerobic Room)
9:15 Water Walk-n-Move (Pool)
10:00 Catholic Communion (Assisted Living Fireside Lounge)
10:00 Open Water (Pool)
10:30 Boxing 2 (Fitness Room)
10:30 Catholic Communion (Founders North Alcove)
10:30 Trivia (Assisted Living Activity Room)
10:30 Art Class (Art Studio)
11:00 Balance 1 (Assisted Living Activity Room)
11:00 Tai Cheng (Wellness Aerobic Room)
1:00 Balance 2 (Wellness Aerobic Room)
1:00 Shuffleboard & Bags Game (Wellness Center Game Room)
1:30 Open Water (Pool)
1:30 Men's Closed Door Workout (Fitness Room)
1:30 Bunco (Assisted Living Activity Room)
2:00 Water Movement Class (Pool)
2:00 Tech and Touchtown Help with UIS Students (Atrium)
2:00 LLC Speaker Series - "Safety in the Cyber World" (Chapel/Concordia Room/Harmony Room)
4:00 Mingle and Munch (Assisted Living Fireside Lounge)
6:30 Gospel Hymn Sing with Judy Fulton (Chapel/Concordia Room)
7:00 Evening Movie (Theatre)

8

7:30 Water Movement (Pool)
8:30 Circuit Class 2 (Fitness Room)
9:00 Stretch 2 (Wellness Aerobic Room)
9:30 Men's Discussion Group (Founders Great Room)
10:00 Boxing 3 (Fitness Room)
10:30 Circuit Class 1 (Fitness Room)
10:30 Volleyball Practice (Assisted Living Fireside Lounge)
11:00 Stretch 1 (Assisted Living Fireside Lounge)
11:00 Fall Weenie Roast for Residents and Staff (Care Center Parking Lot)
11:30 Boxing 1 (Fitness Room)
1:00 Water Walking (Pool)
1:00 Memory Boxes (Assisted Living Activity Room)
1:30 ELCA Worship/Open Communion (Chapel)
2:00 Getting Strong (Assisted Living Fireside Lounge)
2:30 Wii Bowling (Assisted Living Fireside Lounge)
2:30 Bingo (Care Center Market)
7:00 Evening Movie (Theatre)

9

7:30 ?Mystery Water Workout? (Pool)
8:00 Circuit Class 2 (Fitness Room)
8:45 Concordia Pals Annual Boat Races at Concordia Area School (Bus Loads 8:15am / Sign-up Deadline 3:00pm 10/4/18)
8:30 Balance 3 (Wellness Aerobic Room)
8:30 Grocery Shopping (Sign-up each Tuesday by 3:00pm)
9:00 Your Bank Run (Sign-up Deadline by 3:00pm 10/9/18)
9:15 Water Volleyball (Pool)
10:00 Open Water (Pool)
10:00 Cray Corner (Art Studio)
10:30 Boxing 2 (Fitness Room)
10:30 Catholic Communion (Assisted Living Fireside Lounge)
10:45 Catholic Communion (Founders North Alcove)
11:00 Balance 1 (Assisted Living Activity Room)
11:00 Tai Cheng (Wellness Aerobic Room)
1:00 Balance 2 (Wellness Aerobic Room)
1:00 Shuffleboard & Bags Game (Wellness Center Game Room)
1:30 Open Water (Pool)
1:30 Men's Closed Door Workout (Fitness Room)
2:00 LCMS Communion (Chapel)
2:00 Water Movement Class (Pool)
2:30 Bingo (Assisted Living Activity Room)
3:00 Chaplain's Bible Class (Chapel)
7:00 Hand and Foot (Founders Great Room)
7:00 Evening Movie (Theatre)

10

7:30 Water Movement Class (Pool)
8:30 Circuit Class 2 (Fitness Room)
9:00 Stretch 2 (Wellness Aerobic Room)
9:30 Land Walking (Game Room)
9:30 Pretty Nails (Assisted Living Activity Room)
10:00 Boxing 3 (Fitness Room)
10:30 Circuit Class 1 (Fitness Room)
11:00 Stretch 1 (Assisted Living Activity Room)
11:00 Marketplace Worship (Care Center Market)
11:15 AL Lunch Outing - Red Robin (Bus Loads 11:15am; Sign-up Deadline 10/18 by 3pm)
11:30 Stretch-n-Toss (Care Center Market)
11:30 Boxing 1 (Fitness Room)
1:00 Open Bridge (Founders Library)
2:00 Getting Strong (Assisted Living Fireside Lounge)
2:00 Illinois Assistive Technology Program (Concordia Room)
2:00 LCMS Bible Class (Founders Great Room)
2:30 Christian Devotions (Assisted Living Fireside Lounge)
3:00 Needle Craft (Founders Great Room)
4:00 Men's Only Social (Art Studio)
7:00 Evening Movie (Theatre)

11

8:30 Balance 3 (Wellness Aerobic Room)
9:15 ?Mystery Water Workout? (Pool)
10:00 Open Water (Pool)
10:30 Trivia (Assisted Living Activity Room)
11:00 Balance 1 (Assisted Living Activity Room)
11:00 Tai Cheng (Wellness Aerobic Room)
1:00 Balance 2 (Wellness Aerobic Room)
1:00 Open Wii Bowling (Founders Great Room)
1:30 Land Walking (Wellness Game Room)
1:30 Movie and Popcorn (Assisted Living Fireside Lounge)
2:00 Open Wii Golf (Founders Great Room)
2:30 Book Club (Patriot Private Dining Room)
4:00 Social Hour with Bonnie Froiland (Atrium)
7:00 Evening Movie (Theatre)

12

10:30 Sunday Morning Worship (Tune into TV Channel 974 - Chapel)
11:00 Catholic Communion (Assisted Living Fireside Lounge)
1:00 Open Bridge (Founders Library)
2:00 Short Story Circle (Spring Hill)
3:00 Matinee Movie (Theatre)
7:00 Vesper Service (Founders Great Room)

14

Boss's Day
9:30 Men's Discussion Group (Founders Great Room)
10:00 Lincoln Library Here Today (Founders Library)
1:30 ELCA Worship/Open Communion (Chapel)
2:30 Bingo (Care Center Market)
3:00 Teachers Retirement System Update (Concordia Room)
7:00 Evening Movie (Theatre)

16

7:30 ?Mystery Water Workout? (Pool)
8:00 Circuit Class 2 (Fitness Room)
8:30 Balance 3 (Wellness Aerobic Room)
8:30 Grocery Shopping (Sign-up each Tuesday by 3:00pm)
9:00 Clay Creations - Picture Frame: Reservations Required (Art Studio)
9:15 Water Volleyball (Pool)
10:00 Open Water (Pool)
10:30 Boxing 2 (Fitness Room)
10:30 Name That Tune (Wellness Center Game Room)
10:30 Catholic Communion (Assisted Living Fireside Lounge)
10:45 Catholic Communion (Founders North Alcove)
11:00 Balance 1 (Assisted Living Activity Room)
11:00 Tai Cheng (Wellness Aerobic Room)
1:00 Balance 2 (Wellness Aerobic Room)
1:00 Shuffleboard & Bags Game (Wellness Center Game Room)
1:30 Open Water (Pool)
1:30 Men's Closed Door Workout (Fitness Room)
2:00 LCMS Communion (Chapel)
2:30 Bingo (Assisted Living Activity Room)
3:00 Chaplain's Bible Class (Chapel)
7:00 Hand and Foot (Founders Great Room)
7:00 Evening Movie (Theatre)

17

7:30 Water Movement Class (Pool)
8:30 Circuit Class 2 (Fitness Room)
9:00 Stretch 2 (Wellness Aerobic Room)
9:30 Land Walking (Game Room)
9:30 Pretty Nails (Assisted Living Activity Room)
10:00 Boxing 3 (Fitness Room)
10:30 Circuit Class 1 (Fitness Room)
11:00 Stretch 1 (Assisted Living Activity Room)
11:00 Marketplace Worship (Care Center Market)
11:30 Boxing 1 (Fitness Room)
11:30 Stretch-n-Toss (Care Center Market)
1:00 Color Your World (Art Studio)
1:00 Open Bridge (Founders Library)
1:45 Wal-Mart 6th Street Shopping Outing (Sign-up Deadline by 3:00pm 10/17/18)
2:00 Getting Strong (Assisted Living Fireside Lounge)
2:00 Sing-Along (Care Center Market)
2:00 LCMS Bible Class (Founders Great Room)
2:30 Christian Devotions (Assisted Living Fireside Lounge)
3:00 Needle Craft (Founders Great Room)
7:00 Trivia Night (Concordia Room)
7:00 Evening Movie (Theatre)

18

8:30 Balance 3 (Wellness Aerobic Room)
9:15 ?Mystery Water Workout? (Pool)
10:00 Open Water (Pool)
10:30 Trivia (Assisted Living Activity Room)
11:00 Balance 1 (Assisted Living Activity Room)
11:00 Tai Cheng (Wellness Aerobic Room)
1:00 Balance 2 (Wellness Aerobic Room)
1:00 Open Wii Bowling (Founders Great Room)
1:30 Land Walking (Wellness Game Room)
1:30 Celebrate Illinois - 200 Years (Atrium)
1:30 Movie and Popcorn (Assisted Living Fireside Lounge)
2:00 Open Wii Golf (Founders Great Room)
4:00 Social Hour with Larry Mazzotti (Atrium)
7:00 Evening Movie (Theatre)

19

10:00 Ladies Discussion Group (Founders Great Room)
10:00 United Methodist Bible Study (Care Center Market)
11:00 Seated Tai Chang (Assisted Living Fireside Lounge)
1:30 Bingo (Assisted Living Activity Room)
2:00 Needle Crafting (Assisted Living North Porch)
3:00 Matinee Movie (Theatre)
7:00 Evening Movie (Theatre)

20

10:30 Sunday Morning Worship (Tune into TV Channel 974 - Chapel)
11:00 Catholic Communion (Assisted Living Fireside Lounge)
1:00 Open Bridge (Founders Library)
2:00 Short Story Circle (Spring Hill)
3:00 Matinee Movie (Theatre)
7:00 Vesper Service (Founders Great Room)

21

8:00 Circuit Class 2 (Fitness Room)
8:30 Balance 3 (Wellness Aerobic Room)
9:15 Water Walk-n-Move (Pool)
10:00 Catholic Communion (Assisted Living Fireside Lounge)
10:00 Open Water (Pool)
10:30 Boxing 2 (Fitness Room)
10:30 Catholic Communion (Founders North Alcove)
10:30 Trivia (Assisted Living Activity Room)
10:30 Art Class (Art Studio)
11:00 Balance 1 (Assisted Living Activity Room)
11:00 Tai Cheng (Wellness Aerobic Room)
1:00 Balance 2 (Wellness Aerobic Room)
1:00 Shuffleboard & Bags Game (Wellness Center Game Room)
1:30 Open Water (Pool)
1:30 Men's Closed Door Workout (Fitness Room)
1:30 Bunco (Assisted Living Activity Room)
2:00 Water Movement Class (Pool)
2:00 Tech and Touchtown Help with UIS Students (Atrium)
2:00 District 186, Superintendent Jenifer Gill, and School Board President Mike Zimmer (Concordia Room/Harmony Room)
4:00 Mingle and Munch with Raquel Reid (Assisted Living Fireside Lounge)
7:00 Evening Movie (Theatre)

22

7:30 Water Movement (Pool)
8:30 Circuit Class 2 (Fitness Room)
9:00 Stretch 2 (Wellness Aerobic Room)
9:30 Men's Discussion Group (Founders Great Room)
10:00 Boxing 3 (Fitness Room)
10:00 Catholic Mass (Chapel)
10:30 Circuit Class 1 (Fitness Room)
10:30 Volleyball Practice (Assisted Living Fireside Lounge)
11:00 Stretch 1 (Assisted Living Fireside Lounge)
11:30 Boxing 1 (Fitness Room)
1:00 Water Walking (Pool)
1:30 ELCA Worship/Open Communion (Chapel)
2:00 Getting Strong (Assisted Living Fireside Lounge)
2:30 Wii Bowling (Assisted Living Fireside Lounge)
2:30 Bingo (Care Center Market)
7:00 Scrabble (Wellness Center Game Room)
7:00 Evening Movie (Theatre)

23

7:30 ?Mystery Water Workout? (Pool)
8:00 Circuit Class 2 (Fitness Room)
8:30 Balance 3 (Wellness Aerobic Room)
8:30 Grocery Shopping (Sign-up each Tuesday by 3:00pm)
9:00 Clay Creations - Picture Frame: Reservations Required (Art Studio)
9:15 Water Volleyball (Pool)
10:00 Open Water (Pool)
10:30 Boxing 2 (Fitness Room)
10:30 Name That Tune (Wellness Center Game Room)
10:30 Catholic Communion (Assisted Living Fireside Lounge)
10:45 Catholic Communion (Founders North Alcove)
11:00 Balance 1 (Assisted Living Activity Room)
11:00 Tai Cheng (Wellness Aerobic Room)
1:00 Balance 2 (Wellness Aerobic Room)
1:00 Shuffleboard & Bags Game (Wellness Center Game Room)
1:30 Open Water (Pool)
1:30 Men's Closed Door Workout (Fitness Room)
2:00 LCMS Communion (Chapel)
2:00 Water Movement Class (Pool)
2:30 Bingo (Assisted Living Activity Room)
3:00 Chaplain's Bible Class (Chapel)
3:30 Lisa Irvin & Her Dog Henry (Assisted Living Activity Room)
7:00 Surtelback Performance (Chapel/Concordia Room/Harmony Room)
7:00 Hand and Foot (Founders Great Room)
7:00 Evening Movie (Theatre)

24

7:30 Water Movement Class (Pool)
8:30 Circuit Class 2 (Fitness Room)
9:00 Stretch 2 (Wellness Aerobic Room)
9:30 Land Walking (Game Room)
9:30 Pretty Nails (Assisted Living Activity Room)
10:00 Boxing 3 (Fitness Room)
10:30 Circuit Class 1 (Fitness Room)
11:00 Stretch 1 (Assisted Living Activity Room)
11:00 Marketplace Worship (Care Center Market)
11:30 Boxing 1 (Fitness Room)
11:30 Stretch-n-Toss (Care Center Market)
1:00 Color Your World (Art Studio)
1:00 Open Bridge (Founders Library)
1:00 Audible Hearing Aid Cleaning (Assisted Living Private Dining Room)
1:00 Lincoln Memorial Gardens Tour (Bus Loads 1:00pm; Sign-up Deadline by 3pm 10/22/18)
2:00 Getting Strong (Assisted Living Fireside Lounge)
2:00 LCMS Bible Class (Founders Great Room)
2:30 Christian Devotions (Assisted Living Fireside Lounge)
3:00 Needle Craft (Founders Great Room)
4:00 Men's Only Social (Art Studio)
7:00 Evening Movie (Theatre)

25

8:30 Balance 3 (Wellness Aerobic Room)
9:15 ?Mystery Water Workout? (Pool)
10:00 Open Water (Pool)
10:30 Trivia (Assisted Living Activity Room)
11:00 Balance 1 (Assisted Living Activity Room)
11:00 Tai Cheng (Wellness Aerobic Room)
1:00 Balance 2 (Wellness Aerobic Room)
1:00 Open Wii Bowling (Founders Great Room)
1:30 Land Walking (Wellness Game Room)
1:30 Movie and Popcorn (Assisted Living Fireside Lounge)
2:00 Open Wii Golf (Founders Great Room)
3:00 Want to Take a Trip to Guatemala? Angie Sutton, Presenter (Theatre)
4:00 Social Hour with Bonnie Ettinger (Atrium)
7:00 Evening Movie (Theatre)

26

10:30 Sunday Morning Worship (Tune into TV Channel 974 - Chapel)
11:00 Catholic Communion (Assisted Living Fireside Lounge)
1:00 Open Bridge (Founders Library)
2:00 Illinois College Choir Performance (Chapel/Concordia Room/Harmony Room)
3:00 Matinee Movie (Theatre)
7:00 Vesper Service (Founders Great Room)

28

World Stroke Day
8:00 Circuit Class 2 (Fitness Room)
8:30 Balance 3 (Wellness Aerobic Room)
9:15 Water Walk-n-Move (Pool)
10:00 Catholic Communion (Assisted Living Fireside Lounge)
10:00 Open Water (Pool)
10:30 Boxing 2 (Fitness Room)
10:30 Catholic Communion (Founders North Alcove)
10:30 Trivia (Assisted Living Activity Room)
10:30 Art Class (Art Studio)
11:00 Balance 1 (Assisted Living Activity Room)
11:00 Tai Cheng (Wellness Aerobic Room)
1:00 Balance 2 (Wellness Aerobic Room)
1:00 Shuffleboard & Bags Game (Wellness Center Game Room)
1:30 Open Water (Pool)
1:30 Men's Closed Door Workout (Fitness Room)
1:30 Bunco (Assisted Living Activity Room)
2:00 Water Movement Class (Pool)
2:00 Tech and Touchtown Help with UIS Students (Atrium)
7:00 Evening Movie (Theatre)

29

7:30 Water Movement (Pool)
8:30 Circuit Class 2 (Fitness Room)
9:00 Stretch 2 (Wellness Aerobic Room)
9:30 Men's Discussion Group (Founders Great Room)
10:00 Boxing 3 (Fitness Room)
10:30 Circuit Class 1 (Fitness Room)
10:30 Volleyball Practice (Assisted Living Fireside Lounge)
11:00 Stretch 1 (Assisted Living Fireside Lounge)
11:30 Boxing 1 (Fitness Room)
1:00 Water Walking (Pool)
1:30 ELCA Worship/Open Communion (Chapel)
1:45 Shopping Outing - Home Goods (Sign-up Deadline by 3:00pm 10/29/18)
2:00 Getting Strong (Assisted Living Fireside Lounge)
2:30 Bingo (Care Center Market)
2:30 Wii Bowling (Assisted Living Fireside Lounge)
7:00 Hymn Sing with Lonnie & Steve (Assisted Living Fireside Lounge)
7:00 Scrabble (Wellness Center Game Room)
7:00 Evening Movie (Theatre)

30

Halloween
7:30 ?Mystery Water Workout? (Pool)
8:00 Circuit Class 2 (Fitness Room)
8:00 Halloween Pumpkin Hunt (Assisted Living)
8:30 Balance 3 (Wellness Aerobic Room)
8:30 Grocery Shopping (Sign-up each Tuesday by 3:00pm)
9:00 Clay Creations - Picture Frame: Reservations Required (Art Studio)
9:15 Water Volleyball (Pool)
10:00 Open Water (Pool)
10:30 Boxing 2 (Fitness Room)
10:30 Catholic Communion (Assisted Living Fireside Lounge)
10:45 Catholic Communion (Founders North Alcove)
11:00 Balance 1 (Assisted Living Activity Room)
11:00 Tai Cheng (Wellness Aerobic Room)
1:00 Balance 2 (Wellness Aerobic Room)
1:00 Shuffleboard & Bags Game (Wellness Center Game Room)
1:30 Open Water (Pool)
1:30 Men's Closed Door Workout (Fitness Room)
2:00 LCMS Communion (Chapel)
2:00 Water Movement Class (Pool)
2:30 Bingo (Assisted Living Activity Room)
3:00 Chaplain's Bible Class (Chapel)
6:30 Resident Halloween Costume Party (Chapel/Concordia Room/Harmony Room)
7:00 Hand and Foot (Founders Great Room)
7:00 Evening Movie (Theatre)

31

8:30 Balance 3 (Wellness Aerobic Room)
9:15 ?Mystery Water Workout? (Pool)
10:00 Open Water (Pool)
10:30 Trivia (Assisted Living Activity Room)
11:00 Balance 1 (Assisted Living Activity Room)
11:00 Tai Cheng (Wellness Aerobic Room)
1:00 Balance 2 (Wellness Aerobic Room)
1:00 Open Wii Bowling (Founders Great Room)
1:30 Land Walking (Wellness Game Room)
1:30 Movie and Popcorn (Assisted Living Fireside Lounge)
2:00 Open Wii Golf (Founders Great Room)

10:00 Ladies Discussion Group (Founders Great Room)
10:00 United Methodist Bible Study (Care Center Market)
11:00 Seated Tai Chang (Assisted Living Fireside Lounge)
1:30 Bingo (Assisted Living Activity Room)
2:00 Needle Crafting (Assisted Living North Porch)
2:30 Trick or Treat for Resident and Staff Families (Concordia Room/Harmony Room)
3:00 Matinee Movie (Theatre)
7:00 Evening Movie (Theatre)

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Sunday Morning
Chapel Services
can be seen live at
10:30am on TV
Channel 974

October 2018

Assisted Living

