

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October Independent Living 2024

<p>10:00 – Sunday Service – KC</p> <p>1:00- Bus leaves for QC Symphony masterworks I: Bruckner at 200</p> <p>6:00 – Movie-</p>	<p>9:30 – Eucharistic Service – Cove</p> <p>10:30 – Ambassador’s Meeting- Conference Room</p> <p>12:30 – Wii Bowling – Hub</p> <p>1:00 – Bus to Hy-Vee & Walgreens/ Village Shopping Center: Dollar Tree and JoAnn’s</p> <p>1:30- Cardio Drumming- Ping Pong Room</p> <p>3:00 – Sit & Stitch – NPR</p>	<p>1:00 – Cornhole – Hub</p> <p>1:00 – Adult Coloring and Diamond Painting – Hub Pub</p> <p>1:00 – Check Cashing – Admin Hall</p> <p>1:00 –4:00 –Resale Shoppe Open</p> <p>2:00- Wine and Cheese Wednesday with Buddy Olson</p> <p>2:00 – Culinary Meeting – NCR</p> <p>3:00 – Card Game: 31 – NPR</p> <p>6:00 – Scattergories – NCR</p> <p><small>Rosh Hashanah Begins</small></p>	<p>10:00- Bus to Hy-Vee & Walgreens</p> <p>1:00- Bus to Fareway/CVS/ Banks/Walmart</p> <p>1:00- Chair Yoga- Ping Pong Room</p>	<p>8:00- Men’s breakfast- PDR</p> <p>8:30-Channel Cat Ride and Lunch – Bus leaves at 8:30</p> <p>1:00- Boggle and Rummikub Board Game – Hub</p> <p>6:00- Dominoes – Hub</p>	<p>8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade</p> <p>9:00 – 11:00 – Coffee Coop Group – Café</p> <p>(All are welcome to attend! Bring .75 if you wish to have coffee)</p> <p>3:00- Saturday Social – Hub- (Bring your own Drinks and Snacks)</p>
<p>10:00 – Sunday Service – KC</p> <p>1:00- Bus leaves for QC Symphony masterworks I: Bruckner at 200</p> <p>6:00 – Movie-</p>	<p>10:00 – Men’s Coffee – NPR</p> <p>1:00 – 4:00 – Resale Shoppe Open</p> <p>2:00 – Monday Matinee Movie- Sweet Home Alabama - Hub</p> <p>2:30 – Euchre (Beginners Welcome) – Hub</p> <p>6:00- Music: Greg Sullivan- KC</p>	<p>9:30 – Eucharistic Service – Cove</p> <p>12:30 – Wii Bowling – Hub</p> <p>1:00 – Hy-Vee& Walgreens/ Dollar Tree and JoAnn’s</p> <p>3:00 – Sit & Stitch – NPR</p> <p>5:00 – Tone Chimes – KC</p>	<p>8:30- Preferred Podiatry Group- OW-MR</p> <p>10:00- Town Hall Meeting- KC</p> <p>1:00 – Cornhole – Hub</p> <p>1:00 – Adult Coloring and Diamond Painting – Hub Pub</p> <p>1:00- Check Cashing-Admin Hall</p> <p>1:00- 4:00- Resale Shoppe Open</p> <p>2:00- Cooking with Janelle- Hub</p> <p>3:00 – Card Game: 31 – NPR</p> <p>3:00- Service League Meeting-</p>	<p>10:00 – Bus to Hy-Vee & Walgreens</p> <p>10:30- Catholic Mass -KC</p> <p>1:00 – Bus to Fareway/CVS/ Banks/Walmart</p> <p>1:00- Chair Yoga- Ping Pong Room</p> <p>2:00- Activities Meeting- Hub</p> <p>3:00- Music: Troy Rangle- OW</p> <p><small>Yom Kippur Begins</small></p>	<p>8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade</p> <p>9:00 – 11:00 – Coffee Coop Group – Café</p> <p>(All are welcome to attend! Bring .75 if you wish to have coffee)</p> <p>3:00- Saturday Social – Hub- (Bring your own Drinks and Snacks)</p>
<p>10:00 – Sunday Service – KC</p> <p>6:00 – Movie-</p>	<p>10:00 – Men’s Coffee – NPR</p> <p>1:00 – 4:00 – Resale Shoppe Open</p> <p>2:00 – Monday Matinee Movie- Overboard- Hub</p> <p>2:30 – Euchre (Beginners Welcome) - Hub</p> <p><small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small></p>	<p>9:30 – Eucharistic Service – Cove</p> <p>12:30 – Wii Bowling – KC</p> <p>1:00 – Bus to Hy-Vee & Walgreens/Village Shopping Center: Dollar Tree and JoAnn’s</p> <p>1:30- Music: Banjoliers- KC</p> <p>3:00 – Sit & Stitch – NPR</p> <p>5:00 – Tone Chimes - KC</p>	<p>10:45- Local Lunch Club- Riverside Grill Bettendorf</p> <p>1:00 – Cornhole – Hub</p> <p>1:00 – Adult Coloring and Diamond Painting – Hub Pub</p> <p>1:00 –Check Cashing-Admin Hall</p> <p>1:00- 4:00- Resale Shoppe Open</p> <p>3:00 – Card Game: 31 – NPR</p> <p>6:00 – Scattergories – NCR</p> <p><small>Sukkot Begins</small></p>	<p>10:00 – Bus to Hy-Vee & Walgreens</p> <p>1:00 – Bus to Fareway/CVS/ Banks/Walmart</p> <p>1:00- Chair Yoga- Ping Pong Room</p> <p>1:45- Travels with Marcie -Laos- Hub</p> <p>6:00- Music: James Ryan- KC</p>	<p>9-11- Flu Vaccine- MR OW (must have completed a form)</p> <p>10:00 – Card Bingo- Hub</p> <p>1:00 – Boggle and Rummikub Board Game - Hub</p> <p>2:00- Halloween Happy Hour! - Hub</p> <p>6:00 – Dominoes – Hub</p>
<p>10:00 – Sunday Service – KC</p> <p>6:00 – Movie-</p>	<p>9:30- Resident Birthday Party- KC</p> <p>10:00 – Men’s Coffee – NPR</p> <p>1:00 – 4:00 – Resale Shoppe Open</p> <p>2:00 – Monday Matinee Movie- The 6th Sense - Hub</p> <p>2:30 – Euchre (Beginners Welcome) - Hub</p> <p>3:00-Resident Council-NPR</p>	<p>9:30 – Eucharistic Service – Cove</p> <p>12:30- Wii Bowling – KC</p> <p>1:00 – Bus to Hy-Vee & Walgreens/Village Shopping Center: Dollar Tree and JoAnn’s</p> <p>1:30- Music: The Weirsons- OW</p> <p>2:00 – Chair Massage – Cove</p> <p>3:00 – Sit & Stitch – NPR</p> <p>5:00 – Tone Chimes - KC</p>	<p>1:00 – Cornhole – Hub</p> <p>1:00 – Adult Coloring and Diamond Painting – Hub Pub</p> <p>1:00 –Check Cashing-Admin Hall</p> <p>1:00 –4:00- Resale Shoppe Open</p> <p>2:00- Crafts For Crest- Hub</p> <p>3:00 – Card Game: 31 – NPR</p>	<p>10:00 – Bus to Hy-Vee & Walgreens</p> <p>10:30- Catholic Mass -KC</p> <p>1:00 – Bus to Fareway/CVS/ Banks/Walmart</p> <p>1:00- Chair Yoga- Ping Pong Room</p> <p>1:30-Music: Janet Lieb- OW</p> <p><small>Simchat Torah Begins</small></p>	<p>10:00- Baby Quilts for Donation- KC</p> <p>1:00- Boggle and Rummikub Board Game – Hub</p> <p>6:00- Dominoes – Hub</p>
<p>10:00 – Sunday Service – KC</p> <p>6:00 – Movie-</p>	<p>10:00 – Men’s Coffee – NPR</p> <p>11:30 -Methodist Meeting – PDR</p> <p>1:00 – 4:00 – Resale Shoppe Open</p> <p>2:00 – Monday Matinee Movie- Resident Pick- Hub</p> <p>2:00- Book Club- NPR</p> <p>2:30 – Euchre (Beginners Welcome) - Hub</p>	<p>9:30 – Eucharistic Service – Cove</p> <p>12:30 – Wii Bowling – KC</p> <p>1:00 – Bus to Hy-Vee & Walgreens/Village Shopping Center: Dollar Tree and JoAnn’s</p> <p>3:00 – Sit & Stitch – NPR</p> <p>5:00 – Tone Chimes - KC</p> <p>6-7:30- Trick Or Treat! - Arcade Hallway</p>	<p>1:00 – Cornhole – Hub</p> <p>1:00 – Adult Coloring and Diamond Painting – Hub Pub</p> <p>1:00- Check Cashing-Admin Hall</p> <p>1:00- 4:00- Resale Shoppe Open</p> <p>3:00 – Card Game: 31 – NPR</p>	<p>10:00 – Bus to Hy-Vee & Walgreens</p> <p>1:00 – Bus to Fareway/CVS/ Banks/Walmart</p> <p>1:00- Chair Yoga- Ping Pong Room</p> <p><small>Halloween</small></p>	<p>Independent Living Activities</p> 

Activities are subject to change with or without notice. Please contact Jennifer Taylor at 668 with any questions. Exercise classes on the back!

Weekly Exercise Classes

No sign up needed to attend!

Strength and Balance-This class consists of light cardio from a chair or standing with a focus on exercises that increases balance.

Monday and Wednesday

10:15-10:45 – KC

AM Walkie Talkies Walking Club-This group meets two times a week to discuss walking routes, progress, and walks together. Drop-ins are encouraged!

Tuesday and Thursday

9:00 – Hub

Low Impact Exercise-A Chair Based Exercise with a portion of light weightlifting, small fitness ball work, and resistance band training.

Tuesday and Thursday

10:15-10:45 – Hub

Chair Yoga- A chair based stretching class that incorporates breathing through movements to increase range of motion and decrease muscle stiffness.

Thursdays

1:00-1:30- Ping Pong Room

Cardio Drumming-An instructor led drumming session on a stability ball from a chair or standing. The focus is cardio and fun!

Tuesday

1:30-2:00 - KC

Fitness Center-This area is in the Hub and includes several cardio machines including a NuStep for regular fitness activity and rehabilitation. The center also includes a strength circuit, hand weights, yoga mats, resistance bands, and hand weights. You can schedule an orientation with Jennifer Taylor at ext. 668 if you want her to show you the equipment and area to start or continue your fitness journey.