

Sunday

Monday

Tuesday

Wednesday

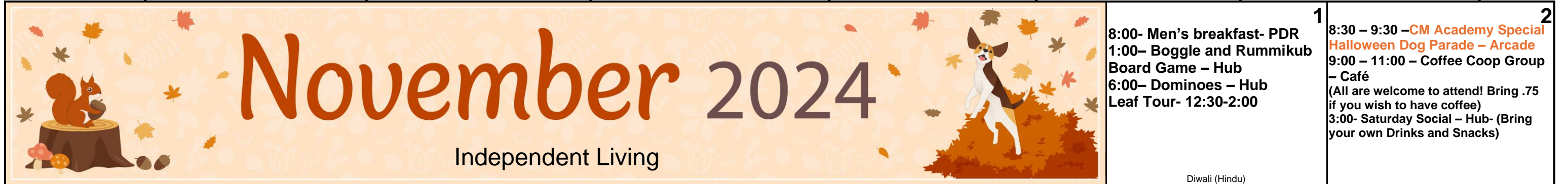
Thursday

Friday

Saturday

November 2024

Independent Living



3	<p>10:00 – Sunday Service – KC</p> <p>6:00 – Movie-</p> <p style="text-align: center;"><small>Daylight Saving Time Ends</small></p>	4	<p>10:00 – Men’s Coffee – NPR</p> <p>1:00 – 4:00 – Resale Shoppe Open</p> <p>2:00 – Monday Matinee Movie- Hub</p> <p>2:30 – Euchre (Beginners Welcome) – Hub</p>	5	<p>9:00- Bus for Voting</p> <p>9:30 – Eucharistic Service – Cove</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>2:00- Music: Rob Dahms- KC</p> <p>3:00 – Sit & Stitch – NPR</p> <p>5:00 – Tone Chimes – KC</p>	6	<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>1:30 – Culinary Meeting – NCR</p> <p>3:00 – Card Game: 31 – NPR</p> <p>6:00 – Scattergories – NCR</p>	7	<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>6:15- White Christmas- Music Guild</p>	8	<p>8:00 – Bus to Women’s Breakfast- Flips Pancake House</p> <p>9:30 – Buildings & Grounds Meeting – NCR</p> <p>1:00 – Boggle and Rummikub Board Game – Hub</p> <p>1:00-4:00- Vendor Fair- Arcade</p> <p>6:00 – Dominoes – Hub</p> <p>6:15- Second Friday Bridge- NPR</p> <p style="text-align: center;"><small>Diwali (Hindu)</small></p>	9	<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>
10	<p>10:00 – Sunday Service – KC</p> <p>6:00 – Movie-</p>	11	<p>10:00 – Men’s Coffee – NPR</p> <p>1:00 – 4:00 – Resale Shoppe Open</p> <p>1:30-2:30- Veterans Program- KC</p> <p>2:30 – Euchre (Beginners Welcome) – Hub</p> <p style="text-align: center;"><small>Veterans Day Remembrance Day (Canada)</small></p>	12	<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 & Stitch – NPR</p> <p>5:00 – Tone Chimes – KC</p>	13	<p>10:00- Pop Up Event- II Dining</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>3:00- Service League Meeting- 5:00- Circa 21- Miracle on 34th Street</p>	14	<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 Rangel- OW</p>	15	<p>10:00 – Card Bingo- Hub</p> <p>1:00 – Boggle and Rummikub Board Game – Hub</p> <p>6:00 – Dominoes – Hub</p>	16	<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>
17	<p>10:00 – Sunday Service – KC</p> <p>6:00 – Movie-</p>	18	<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- Hub</p> <p>2:30 – Euchre (Beginners Welcome) - Hub</p> <p>3:00-Resident Council-NPR</p>	19	<p>No Exercise in AM</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>	20	<p>10:45- Local Lunch Club- The Barrel House</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>1:30- Music: The Wiersons- OW</p> <p>3:00 – Card Game: 31 – NPR</p> <p>6:00 – Scattergories – NCR</p>	21	<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>	22	<p>10:00- Baby Quilts for Donation- KC</p> <p>1:00– Boggle and Rummikub Board Game – Hub</p> <p>2:00- Happy Hour! - Hub</p> <p>6:00– Dominoes – Hub</p>	23	<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>
24	<p>10:00 – Sunday Service – KC</p> <p>6:00 – Movie-</p>	25	<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>1:00-3:30- Festival of Trees Resident Pick- Hub</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>	26	<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>2:00 – Chair Massage – Cove</p> <p>2:00- Music: The Connections- OW</p> <p>3:00 – Sit & Stitch – NPR</p> <p>5:00 – Tone Chimes - KC</p>	27	<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>1:30- Music: Janet Lieb- OW</p> <p>2:00- Crafts For Crest- Hub</p> <p>3:00 – Card Game: 31 – NPR</p>	28	<p style="text-align: center;">No Activities!</p> <p style="text-align: center;">Happy Thanksgiving!!</p> 	29	<p>ESPN</p> <p>1:00 – Boggle and Rummikub Board Game – Hub</p> <p>6:00 – Dominoes – Hub</p>	30	<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>

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.