

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2025

Independent Living



<p>10:00 – Sunday Service – KC 1:00- QC Symphony Echoes of Exploration (Bus leaves at 1pm Sign up in binder) 6:00 – Movie: Unstoppable - KC</p>	<p>10:00 – Men’s Coffee – NPR 1:00 – 4:00 – Resale Shoppe Open 2:00 – Monday Matinee Movie- Groundhog day - Hub 2:30 – Euchre (Beginners Welcome) – Hub 6:00- Performance by Jovial Synergy (woodwind ensemble)- KC</p>	<p>8:30- Preferred Podiatry Group- OW 9:30 – Eucharistic Service – Cove 12:30 – Wii Bowling – Hub 1:00 – Bus to Hy-Vee &amp; Walgreens/ Village Shopping Center: Dollar Tree and JoAnn’s 3:00 – Sit &amp; Stitch – NPR 5:00 – Tone Chimes – KC</p>	<p>10:00- Town Hall Meeting- KC 1:00 – Adult Coloring and Diamond Painting – Hub Pub 1:00 – Check Cashing – Admin Hall 1:00 –4:00 –Resale Shoppe Open 1:00- Ash Wednesday Service- KC 2:00- Wine and Cheese- Hub 1:30 – Culinary Meeting – NCR 3:00 – Card Game: 31 – NPR 6:00 – Scattergories – NCR</p>	<p>10:00- Bus to Hy-Vee &amp; Walgreens 1:00- Bus to Fareway/CVS/ Banks/Walmart 2:00- All Saints School Reading on Zoom- Hub 5:00-6:00- Dinner Violin Playing- Robert Majchrzak- IL Dining Room</p>	<p>8:00- Men’s breakfast- PDR 1:00- Boggle and Rummikub Board Game – Hub 1:30- Sound of Music 60<sup>th</sup> Anniversary Event Showing- KC 6:00- Dominoes – Hub</p>	<p>8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade 9:00 – 11:00 – Coffee Coop Group – Café (All are welcome to attend! Bring .75 if you wish to have coffee)</p>
<p>10:00 – Sunday Service – KC 6:00 – Movie: Sight - KC</p> <p><small>Daylight Saving Time Begins</small></p>	<p>10:00 – Men’s Coffee – NPR 1:00 – 4:00 – Resale Shoppe Open 2:00 – Monday Matinee Movie- My Fair Lady - Hub 2:30 – Euchre (Beginners Welcome) – Hub</p>	<p>9:30 – Eucharistic Service – Cove 12:30 – Wii Bowling – Hub 1:00 – Hy-Vee&amp; Walgreens/ Dollar Tree and JoAnn’s 1:30- The Wierson’s- OW MR 2:00- Activities Meeting- Hub 3:00- Sit&amp; Stitch – NPR 5:00 – Tone Chimes – KC</p>	<p>1:00 – Adult Coloring and Diamond Painting – Hub Pub 1:00- Check Cashing-Admin Hall 1:00- 4:00- Resale Shoppe Open 1:30- Music by Ryan Bizzari- KC 3:00 – Card Game: 31 – NPR 3:00- Service League Board Meeting-NPR</p>	<p>10:00 – Bus to Hy-Vee &amp; Walgreens 10:30- Catholic Mass -KC 1:00 – Bus to Fareway/CVS/ Banks/Walmart 3:00- Music: Troy Rangel and Friends- OW MR</p> <p><small>Purim Begins</small></p>	<p>8:00 –Bus to Women’s Breakfast- QC Pancake House (Sign up in binder) 9:30 – Buildings &amp; Grounds Meeting – NCR 1:00 – Boggle and Rummikub Board Game – Hub 6:00 – Dominoes – Hub 6:15- Second Friday Bridge- NPR</p>	<p>8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade 9:00 – 11:00 – Coffee Coop Group – Café (All are welcome to attend! Bring .75 if you wish to have coffee)</p>
<p>10:00 – Sunday Service – KC 6:00 – Movie: The Goodbye Girl - KC</p>	<p>9:30- Resident Birthday Party- in Dining Room IL 10:00 – Men’s Coffee – NPR 1:00 – 4:00 – Resale Shoppe Open 2:00 – Monday Matinee Movie-The Peanut Butter Falcon - Hub 2:30 – Euchre (Beginners Welcome) – Hub 2:00- Resident Council- NPR</p>	<p>9:30 – Eucharistic Service – Cove 12:30 – Wii Bowling – KC 1:00 – Bus to Hy-Vee &amp; Walgreens/Village Shopping Center: Dollar Tree and JoAnn’s 2:00- St. Patrick’s Day Happy Hour- Arcade 3:00 – Sit &amp; Stitch – NPR 5:00 – Tone Chimes - KC</p>	<p>10:45- Lunch Club- Thunder Bay Grill (Sign Up in Binder) 1:00 – Adult Coloring and Diamond Painting – Hub Pub 1:00 –Check Cashing-Admin Hall 1:00 – 4:00- Resale Shoppe Open 2:00- Cooking with Janelle- Hub 3:00 – Card Game: 31 – NPR 5:00- Circa 21: Heartbreak Hotel 6:00 – Scattergories – NCR</p>	<p>10:00 – Bus to Hy-Vee &amp; Walgreens 1:00 – Bus to Fareway/CVS/ Banks/Walmart 6:00- Music: James Ryan- KC</p> <p><small>Spring Begins</small></p>	<p>10:00- Card Bingo- Hub 1:00- Boggle and Rummikub Board Game – Hub 6:00- Dominoes – Hub</p>	<p>8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade 9:00 – 11:00 – Coffee Coop Group – Café (All are welcome to attend! Bring .75 if you wish to have coffee) 1:00- Quarter Moon Tin Snips Bluegrass Band- KC</p>
<p>10:00 – Sunday Service – KC 6:00 – Movie: Cool Hand Luke - KC</p>	<p>10:00 – Men’s Coffee – NPR 11:30 -United Methodist Meeting – PDR 1:00 – 4:00 – Resale Shoppe Open 2:00- Monday Matinee Movie- The Money Pit - Hub 2:30 – Euchre (Beginners Welcome) - Hub</p>	<p>9:30 – Eucharistic Service – Cove 12:30- Wii Bowling – KC 1:00 – Bus to Hy-Vee &amp; Walgreens/Village Shopping Center: Dollar Tree and JoAnn’s 3:00 – Sit &amp; Stitch – NPR 5:00 – Tone Chimes - KC</p>	<p>1:00 – Adult Coloring and Diamond Painting – Hub Pub 1:00- Check Cashing-Admin Hall 1:00- 4:00- Resale Shoppe Open 2:00- Book Club- NPR 3:00 – Card Game: 31 – NPR</p>	<p>10:00 – Bus to Hy-Vee &amp; Walgreens 10:30- Catholic Mass 1:00 – Bus to Fareway/CVS/ Banks/Walmart 2:00- All Saints School Reading on Zoom- Hub</p>	<p>10:00- Baby Quilts for Donation KC 10:45- Lunch at Rock Island Ale House and trip to Botanical Center (Bus picks up at 10:30. Tickets are \$8) 1:00 – Boggle and Rummikub Board Game – Hub 6:00 – Dominoes – Hub</p>	<p>8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade 9:00 – 11:00 – Coffee Coop Group – Café (All are welcome to attend! Bring .75 if you wish to have coffee) 2:00- Music from Kelly Preston and Students-KC</p>
<p>10:00 – Sunday Service – KC 6:00 – Movie: Toast- KC</p>	<p>10:00 – Men’s Coffee – NPR 1:00 – 4:00 – Resale Shoppe Open 2:00- Monday Matinee Movie- Casablanca - Hub 2:30 – Euchre (Beginners Welcome) - Hub</p>					

## **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 – Hub

**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.