

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 – Sunday Service – KC <b>1</b></p> <p>3:00- Resident Led Rhythms group- KC</p> <p>6:00 – Movie-Song Sung Blue -KC</p>	<p>10:15- Strength and Balance <b>2</b></p> <p>2:00 – Monday Matinee Movie- The Last Laugh- Hub</p> <p>2:00-4:00 – Euchre (Beginners Welcome) – Hub</p> <p>Purim Begins</p>	<p>9:30 – Eucharistic Service – Cove <b>3</b></p> <p>10:00- Mens Coffee- NPR</p> <p>12:30 – Wii Bowling – Hub</p> <p>1:00 – IL Grocery &amp; Pharmacy Shopping</p> <p>2:15- All Saints Reading Group- Hub</p> <p>1:00– 4:00– Resale Shoppe Open</p> <p>3:00 – Sit &amp; Stitch – NPR</p> <p>5:00 – Tone Chimes – KC</p>	<p>10:00-11:00- Cooking for one with Chef Janelle- CASI <b>4</b></p> <p>12:30-4:00- Open Billiards- Hub</p> <p>1:00 – Adult Coloring and Diamond Painting – Craft Room</p> <p>1:00– Check Cashing–Admin Hall</p> <p>2:00- Wine and Cheese- Hub</p> <p>3:00 – Card Game: 31 – NPR</p> <p>6:00-Observe and interact with the dogs from CM Academy – Arcade</p> <p>6:00 – Scattergories – NCR</p>	<p>10:0 – IL Grocery &amp; Pharmacy Shopping <b>5</b></p> <p>1:00– IL Grocery &amp; Pharmacy Shopping</p> <p>1:00– 4:00– Resale Shoppe Open</p> <p>2:00-HAMANTASCHEN Cookie baking and education for Purim- NPR</p> <p>3:30- Choir Practice- KC</p>	<p>8:00- Men's breakfast- Private Dining Room (\$10 Sign up in binder) <b>6</b></p> <p>12:30– Boggle and Rumiko Board Game – Hub</p> <p>2:00- Music by Isaih Hessling- KC</p> <p>6:00– Dominoes – Hub</p>	<p>8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade <b>7</b></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>10:00 – Sunday Service – KC <b>8</b></p> <p>1:00- QC Symphony- Masterworks V: Beethoven Second Symphony</p> <p>3:00- Resident Led Rhythms group- KC</p> <p>6:00 – Movie- Tender Mercies- KC -KC</p> <p>Daylight Saving Time Begins</p>	<p>10:15- Strength and Balance <b>9</b></p> <p>2:00 – Monday Matinee Movie- Sleepless in Seattle- Hub</p> <p>2:00-4:00 – Euchre (Beginners Welcome) – Hub</p>	<p>9:30 – Eucharistic Service – Cove <b>10</b></p> <p>10:00- Mens Coffee- NPR</p> <p>12:30 – Wii Bowling – Hub</p> <p>1:00 – IL Grocery &amp; Pharmacy Shopping</p> <p>Center: Dollar Tree</p> <p>1:00– 4:00– Resale Shoppe Open</p> <p>3:00 – Sit &amp; Stitch – NPR</p> <p>5:00 – Tone Chimes – KC</p>	<p>12:30-4:00- Open Billiards- Hub <b>11</b></p> <p>1:00 – Adult Coloring and Diamond Painting – Craft Room</p> <p>1:00– Check Cashing–Admin Hall</p> <p>1:30 – Culinary Meeting – NCR</p> <p>1:30- Chair Yoga- Yoga room next to Jennifers Office</p> <p>3:00 – Card Game: 31 – NPR</p> <p>6:00-Observe and interact with the dogs from CM Academy – Arcade</p>	<p>10:00 – IL Grocery &amp; Pharmacy Shopping <b>12</b></p> <p>10:30- Catholic Mass-KC</p> <p>1:00 – IL Grocery &amp; Pharmacy Shopping</p> <p>1:00– 4:00– Resale Shoppe Open</p> <p>2:00- Activities Meeting- Hub</p> <p>3:00- Music by Troy Rangel and Friends- KC</p>	<p>8:00 –Bus to Women's Breakfast- QC Pancake House (Sign up in binder) <b>13</b></p> <p>9:30 – Buildings &amp; Grounds Meeting – NCR</p> <p>12:30 – Boggle and Rummikub Board Game – Hub</p> <p>2:00- Music by Alan and Lorraine Abrahamson- KC</p> <p>6:00 – Dominoes – Hub</p>	<p>8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade <b>14</b></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>2:00- Music: Motown and friends, a tribute, by breath of encouragement organization-KC</p>
<p>10:00 – Sunday Service – KC <b>15</b></p> <p>3:00- Resident Led Rhythms group- KC</p> <p>6:00 – Movie-Green and Gold - KC</p>	<p>9:30- Resident Birthday Party- In Dining Room IL <b>16</b></p> <p>No Strength and Balance</p> <p>2:00-4:00 – Euchre (Beginners Welcome) – Hub</p> <p>2:00-Resident Council- KC</p> <p>2:00- Monday Movie Matinee- 50 First Dates- KC</p> <p>4:30-</p>	<p>9:30 – Eucharistic Service – Cove <b>17</b></p> <p>10:00- Mens Coffee- NPR</p> <p>12:30 – Wii Bowling – Hub</p> <p>1:00 – IL Grocery &amp; Pharmacy Shopping</p> <p>2:00- St Patrick's Day Happy Hour- Arcade</p> <p>1:00– 4:00– Resale Shoppe Open</p> <p>3:00 – Sit &amp; Stitch – NPR</p> <p>5:00 – Tone Chimes – KC</p> <p>St. Patrick's Day</p>	<p>9:30- Coffee and Conversation with CEO Patrick- KC <b>18</b></p> <p>11:00-- Lunch Club- Grandmas Kitchen- IA 80</p> <p>12:30-4:00- Open Billiards- Hub</p> <p>1:00 – Adult Coloring and Diamond Painting – Craft Room</p> <p>1:00– Check Cashing–Admin Hall</p> <p>1:30- Chair Yoga- Yoga room next to Jennifers Office</p> <p>3:00 – Card Game: 31 – NPR</p> <p>5:00- Circa 21 Honky Tonk Angels</p> <p>6:00 – Scattergories – NCR</p>	<p>10:00 – IL Grocery &amp; Pharmacy Shopping <b>19</b></p> <p>1:00 – IL Grocery &amp; Pharmacy Shopping</p> <p>1:00– 4:00– Resale Shoppe Open</p> <p>2:00- Music by Tom Hofer- KC</p> <p>3:30- Choir Practice- KC</p>	<p>10:00- Card Bingo- Hub <b>20</b></p> <p>12:30– Boggle and Rummikub Board Game – Hub</p> <p>3:00- New Resident Welcoming Meet and Greet Coffee-Hub</p> <p>6:00– Dominoes – Hub</p> <p>Spring Begins</p>	<p>8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade <b>21</b></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>10:00 – Sunday Service – KC <b>22</b></p> <p>3:00- Resident Led Rhythms group- KC</p> <p>6:00 – Movie- Charlotte's Web- KC</p>	<p>10:15- Strength and Balance <b>23</b></p> <p>11:30- United Methodist meeting PDR</p> <p>2:00 – Travels with Marcie- Japan - KC</p> <p>2:00-4:00 – Euchre (Beginners Welcome) – Hub</p>	<p>9:30 – Eucharistic Service – Cove <b>24</b></p> <p>10:00- Mens Coffee- NPR</p> <p>12:30 – Wii Bowling – Hub</p> <p>1:00 – Bus to Hy-Vee &amp; Walgreens/ Village Shopping Center: Dollar Tree</p> <p>2:15- All Saints Reading Group- Hub</p> <p>1:00– 4:00– Resale Shoppe Open</p> <p>3:00 – Sit &amp; Stitch – NPR</p> <p>5:00 – Tone Chimes – KC</p>	<p>12:30-4:00- Open Billiards- Hub <b>25</b></p> <p>1:00 – Adult Coloring and Diamond Painting – Craft Room</p> <p>1:00– Check Cashing–Admin Hall</p> <p>1:30- Chair Yoga- Yoga room next to Jennifers Office</p> <p>2:00- Book Club- NPR</p> <p>3:00 – Card Game: 31 – NPR</p> <p>6:00-Observe and interact with the dogs from CM Academy – Arcade</p>	<p>10:00 – IL Grocery &amp; Pharmacy Shopping <b>26</b></p> <p>10:30- Catholic Mass- KC</p> <p>1:00 – IL Grocery &amp; Pharmacy Shopping</p> <p>1:00– 4:00– Resale Shoppe Open</p>	<p>10:00- Baby Quilts for Donation- KC <b>27</b></p> <p>12:30– Boggle and Rummikub Board Game – Hub</p> <p>10:45- Armored Gardens for lunch and then Tour of Palmer Chiropractic History Museum- Bus picks up at 10:45</p> <p>6:00– Dominoes – Hub</p>	<p>8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade <b>28</b></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>2:00- Recital from Students with Kelly Preslan- KC</p>
<p>10:00 – Sunday Service – KC <b>29</b></p> <p>3:00- Resident Led Rhythms group- KC</p> <p>6:00 – Movie- All the President's Men-KC</p> <p>Palm Sunday</p>	<p>10:15- Strength and Balance <b>30</b></p> <p>2:00 – Monday Matinee Movie- Miss Potter- Hub</p> <p>Moxie Design Pictures- Sign up for time slots in the binder</p> <p>2:00-4:00 – Euchre (Beginners Welcome) – Hub</p>	<p>9:30 – Eucharistic Service – Cove <b>31</b></p> <p>10:00- Mens Coffee- NPR</p> <p>12:30 – Wii Bowling – Hub</p> <p>1:00 – IL Grocery &amp; Pharmacy Shopping</p> <p>2:15- All Saints Reading Group- Hub</p> <p>2:00- Chair Massage- Sign up in binder- Cove</p> <p>1:00– 4:00– Resale Shoppe Open</p> <p>3:00 – Sit &amp; Stitch – NPR</p> <p>5:00 – Tone Chimes – KC</p>	<p><b>March 2026</b></p> <p>Independent Living</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 – 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.

Wednesdays- **1:00-1:30- New yoga studio next to Jennifers Office**

**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.