SEPTEMBER 2022

Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual
- Health Services
- Nutritional
- Purposeful

Meeting Places

TH	Towne Hall
EL	Ewing Lounge
FC	Fitness Center
MT	Movie Theatre
CH	Chapel
HR	Outing- High Rise door 2
CH92	Channel 92
GR	Game Room
FC Patio	Fitness Center Patio
CR	Craft Room
CH 13	Channel 13
CH 19	Channel 19
CT	Courtyard
HR/FL	High Rise & Front Lobby
FG	Fireside Grill

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01 09:30 Fitness Class- Moves FC 10:30 Exercise Video CH92 10:45 Walgreens HR 11:00 Ladies Billiards GR 01:00 Fort Wayne Museum of Art Educational Series TH 07:00 Piano Concert with Alex Klepach TH	**02** 09:00 Massage Therapy FC 09:30 Fitness Class- Zumba Gold FC 10:00 Cornhole FC Patio 10:30 Exercise Video CH92 01:00 Ping Pong FC 03:00 Miami Native Americans Presentation TH	**03** 09:30 Exercise Basics FC 10:30 Craft Class with Kim CR 01:30 Alteration Shop GR 06:30 Wii Bowling TH
04 07:00 Worship Anew CH 13 10:00 Catholic Mass CH 19 10:00 Chapel Service CH 01:00 Bible Video with Pastor Doug MT	Labor Day **05** 09:30 No Fitness Class- Fit & Tone FC 10:30 Exercise Video CH92 01:00 Men's Billiards GR 02:00 Euchre GR 06:30 NO Bible Study TH	**06** 09:30 Exercise Basics FC 10:30 Exercise Video CH92 12:00 Ladies Billiards GR 01:00 BINGO TH 01:15 Choir Practice CH 06:30 Sing Along with Kristine TH	**07** 08:45 Walmart HR 09:00 Prayer Meeting CH 09:30 Morning Stretch FC 10:00 Shuffleboard CT 01:00 Ping Pong FC 02:30 Worship Anew CH92 03:00 Catholic Communion CH 06:30 Hand & Foot Card Game TH	**08** 08:45 Kroger Shopping HR/FL 09:30 Fitness Class- Moves FC 10:00 Tour of the Fort Wayne Museum of Art HR/FL 10:30 Exercise Video CH92 11:00 Ladies Billiards GR 02:00 Sweet Shop- Root Beer Floats EL 06:30 Bridge Club EL	**09** 09:00 Massage Therapy FC 09:30 Fitness Class- Zumba Gold FC 10:00 Cornhole FC Patio 10:30 Exercise Video CH92 01:00 Ping Pong FC 03:00 Deep Rock Tunnel Presentation TH 06:45 Civic Theatre- Steel HR/FL	**10** 09:30 Exercise Basics FC 02:00 Movie Special MT 06:30 Wii Bowling TH
11 07:00 Worship Anew CH 13 10:00 Catholic Mass CH 19 10:00 Chapel Service CH 01:00 Bible Video with Pastor Doug MT	**12** 09:30 Fitness Class- Fit & Tone FC 10:00 Resident Council Meeting TH 10:15 Tone Chimes TH 10:30 Exercise Video CH92 01:00 Men's Billiards GR 01:15 Choir Practice CH 02:00 Euchre GR 02:15 Open Swim at Prairie Landing HR 06:30 Bible Study TH	**13** 09:30 Exercise Basics FC 10:30 Activity Committee Meeting EL 10:30 Exercise Video CH92 12:00 Ladies Billiards GR 01:00 BINGO TH 06:30 Hand & Foot Card Game TH	**14** 08:45 Dollar General Shopping HR/FL 09:00 Prayer Meeting CH 09:30 Morning Stretch FC 10:00 Shuffleboard CT 10:00 Volunteer Appreciation- Donuts for Doing Good TH 01:00 Ping Pong FC 02:30 Worship Anew CH92 03:00 Catholic Communion CH 06:30 OMNIBUS Lecture at HR/FL	**15** 09:30 Fitness Class- Moves FC 10:30 Exercise Video CH92 11:00 Ladies Billiards GR 07:00 Junkyard Band 50s Theme Party! TH	**16** 09:00 Massage Therapy FC 09:30 Fitness Class- Zumba Gold FC 10:00 Cornhole FC Patio 10:30 Exercise Video CH92 10:30 Knitting with Dorothy CR 01:00 Ping Pong FC 03:00 Fort Wayne Bonsai Club Presentation TH	**17** 09:30 Exercise Basics FC 01:30 Creative Writing Class with Bruce Sebring EL 06:30 Wii Bowling TH
18 07:00 Worship Anew CH 13 10:00 Catholic Mass CH 19 10:00 Chapel Service CH 01:00 Bible Video with Pastor Doug MT	**19** 09:30 Fitness Class- Fit & Tone FC 10:15 Tone Chimes TH 10:30 Exercise Video CH92 11:00 Caremerge 101 MT 01:00 Men's Billiards GR 01:15 Choir Practice CH 02:00 Euchre GR 06:30 Bible Study TH	**20** 09:30 Exercise Basics FC 10:30 Small Bus Trip with Ann Marie to Orchard Hill Farms HR/FL 10:30 Exercise Video CH92 12:00 Ladies Billiards GR 01:00 BINGO TH	**21** 08:45 Dollar Tree Shopping HR/FL 09:00 Prayer Meeting CH 09:30 Morning Stretch FC 10:00 Shuffleboard CT 12:00 Men's Luncheon FG 01:00 Ping Pong FC 02:00 HTS Therapy Health Talk TH 02:30 Worship Anew CH92 03:00 Catholic Mass CH 06:30 Hand & Foot Card Game TH	**22** 08:45 Meijer Shopping HR/FL 09:30 Fitness Class- Moves FC 10:30 Exercise Video CH92 11:00 Ladies Billiards GR 01:00 World Day of Peace Prayer Service CH 02:00 Sweet Shop- Ice Cream Sundae EL 06:30 Bridge Club EL	**23** 09:00 Massage Therapy FC 09:30 Fitness Class- Zumba Gold FC 10:00 Cornhole FC Patio 10:30 Exercise Video CH92 11:30 Lunch out at The Bradley Hotel HR/FL 12:00 Book Club TH 01:00 Ping Pong FC	**24** 09:30 Exercise Basics FC 12:00 Bridge Club 2 TH 02:00 Movie Special MT 06:30 Wii Bowling TH
Night of Rosh Hashanah **25** 07:00 Worship Anew CH 13 10:00 Catholic Mass CH 19 10:00 Chapel Service CH 01:00 Bible Video with Pastor Doug MT	Rosh Hashanah **26** 09:30 Fitness Class- Fit & Tone FC 10:15 Tone Chimes TH 10:30 Exercise Video CH92 11:00 Caremerge 101 MT 01:00 Painting Class with Ann Marie CR 01:00 Men's Billiards GR 01:15 Choir Practice CH 02:00 Euchre GR 02:15 Open Swim at Prairie HR	Rosh Hashanah **27** 09:30 Exercise Basics FC 10:30 Exercise Video CH92 01:00 BINGO TH 02:30 Cooking Class with Kim CR	**28** 08:45 Kroger Shopping HR/FL 09:00 Prayer Meeting CH 09:30 Morning Stretch FC 10:00 Shuffleboard CT 01:00 Ping Pong FC 02:30 Worship Anew CH92 03:00 Catholic Communion CH 03:30 Wine & Cheese Social Hour TH 06:30 Hand & Foot Card Game TH	**29** 09:30 Fitness Class- Moves FC 10:30 Exercise Video CH92 11:00 Ladies Billiards GR 05:00 Dinner and show with Opera On Tap at Three Rivers Distilling Company HR/FL	**30** 09:00 Massage Therapy FC 09:30 Fitness Class- Zumba Gold FC 10:00 Cornhole FC Patio 10:30 Exercise Video CH92 11:30 Trinity English Lutheran Church Music Series HR/FL 01:00 Ping Pong FC	