

Glen Oaks August 2021 Wellness Calendar

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY THEATER – TR GYM – GYM COMMUNITY ROOM - CR					HOT TUB MONDAY – FRIDAY 6a – 6p SATURDAY 1p – 7p	
1 HOT TUB MONDAY – FRIDAY 6a – 6p SATURDAY 1p – 7p	2 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	3 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	4 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	5 POOL HOURS Monday – Friday Reservations 6-8 Open Swim 8-2 2p - Bean Bags in the Gym (outside weather permitting)	6 9 – 930 Sit and Be Fit – TR POOL HOURS Monday – Friday Reservations 6-8 Open Swim 8-2 (Hot Tub closed for maintenance)	7 <i>POOL OPEN 1-5</i>
8 Fitness Center Open 24/7 for Residents Gym Open 24/7 for Residents	9 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	10 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	11 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	12 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	13 9 – 930 Sit and Be Fit – TR 9:30 – Pickle Ball – Gym POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	14 <i>POOL OPEN 1-5</i>
15	16 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	17 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	18 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	19 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	20 9 – 930 Sit and Be Fit – TR POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim (Hot tub closed for maintenance)	21 <i>POOL OPEN 1-5</i>
22 Sunday Funday	23 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	24 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	25 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	26 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	27 9 – 930 Sit and Be Fit – TR 9:30 – Pickle Ball - GYM POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	28 <i>POOL OPEN 1-5</i>
29 Suggestions for Group Activities? Let Steven Story know...641-355-1240	30 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim	31 POOL HOURS Monday – Friday Swimming Pool 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim				31 Pool Open 1-5