

Glen Oaks October 2021 Wellness Calendar

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>KEY</p> <p>THEATER – TR GYM – GYM COMMUNITY ROOM – CR Fitness Center – FC Atrium – Atrium Silver Pines Club Room - SP</p>					<p>HOT TUB MONDAY – FRIDAY 6a – 6p SATURDAY 1p – 7p</p>	
<p>HOT TUB MONDAY – FRIDAY 6a – 6p SATURDAY 1p – 7p</p>	<p>Monday's and Wednesdays Sit and Be Fit In the Fitness Center 9:30 – 10:00</p>	<p>POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim</p>	<p>Suggestions for Group Activities? Let Steven Story know...641-355-1240</p>		<p>1 (Hot Tub closed for maintenance)</p>	<p>2 POOL OPEN 1-5</p>
<p>3 Fitness Center Open 24/7 for Residents Gym Open 24/7 for Residents</p>	<p>4 9a-11a – Coffee Chat - SP 9:30a – Sit and Be Fit - FC</p>	<p>5 1p-3p – Billiards and Fellowship - SP</p>	<p>6 9:30-10 – Sit and Be Fit – FC 1p – 3p – Cards/500 – Atrium/SP</p>	<p>7 2p – Movie (Hampstead) Comedy - TR</p>	<p>8 Have you walked today?</p>	<p>9 POOL OPEN 1-5</p>
<p>10 Super Soul Sunday</p>	<p>11 9a-11a – Coffee Chat - SP 9:30a – Sit and Be Fit - FC</p>	<p>12 9:30-10:30 – Singing with Kristie – Atrium 1p-3p – Billiards and Fellowship - SP</p>	<p>13 9:30-10 – Sit and Be Fit – FC 1p – 3p – Cards/500 – Atrium/SP</p>	<p>14 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim</p>	<p>15 (Hot tub closed for maintenance)</p>	<p>16 POOL OPEN 1-5</p>
<p>17 Sunday Funday</p>	<p>18 9a-11a – Coffee Chat - SP 9:30a – Sit and Be Fit - FC</p>	<p>19 1p-3p – Billiards and Fellowship - SP 2p – 4p – Open House (TimberCrest) 4:30 – 7p – Annual Meeting and Appetizers - GYM</p>	<p>20 9:30-10 – Sit and Be Fit – FC 1p – 3p – Cards/500 – Atrium/SP</p>	<p>21 9:30-10:30 – Singing with Kristie – Atrium 2p – Movie (In A Valley of Violence) Western - TR</p>	<p>22 Have you worked out today?</p>	<p>23 POOL OPEN 1-5</p>
<p>24/31 </p>	<p>25 9a-11a – Coffee Chat - SP 9:30a – Sit and Be Fit - FC</p>	<p>26 1p-3p – Billiards and Fellowship - SP</p>	<p>27 9:30-10 – Sit and Be Fit – FC 1p – 3p – Cards/500 – Atrium/SP</p>	<p>28 POOL HOURS Monday – Friday 6a – 8a Lap Swim 8a-9a Water Exercise 9a – 2p Open Swim</p>	<p>29 Have you swam today?</p>	<p>30</p>