

December 2021 Wellness Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Walking club 9am Wellness Scavenger Hunt 10am Cards 1-3pm	2 Walking club 9am Grow Young Fitness 10am Lights On 5K 5:30	3 Walking club 9am Hot Tub Closed	4 Pool Closed
5	6 Walking club 9am Coffee Chat 9-11am	7 Walking club 9am (S) Grow Young Fitness 1pm Billiards 1-3pm	8 Walking club 9am Open Pickleball 9am- 1pm Cards 1-3pm	9 Walking club 9am	10 Walking club 9am Open Pickleball 9am- 1pm (S) Free Throw Friday 1pm	11 Pool open 1-5pm
12 (S) Kayak in Pool 12-2pm	13 Walking club 9am Coffee Chat 9-11am	14 Walking club 9am (S) Grow Young Fitness 1pm	15 Walking club 9am (S) Wellness Scavenger Hunt 10am Cards 1-3pm	16 Walking club 9am (S) Grow Young Fitness 10am	17 Walking club 9am Hot Tub Closed	18 Pool open 1-5pm
19	20 Walking club 9am (S) 1 on 1 Coaching 10am-12 Open Pickleball 9am- 1pm Coffee Chat 9-11am	21 Walking club 9am (S) Grow Young Fitness 1pm Billiards 1-3pm	22 Walking club 9am Cards 1-3pm	23 Walking club 9am (S) Grow Young Fitness 10am Open Pickleball 9am- 1pm	24 Pool Closed	25 Pool Closed
26	27 Walking club 9am Open Pickleball 9am- 1pm Coffee Chat 9-11am	28 Walking club 9am (S) Grow Young Fitness 1pm Billiards 1-3pm	29 Walking club 9am Open Pickleball 9am- 1pm Cards 1-3pm	30 Walking club 9am (S) Grow Young Fitness 10am Open Pickleball 9am- 1pm	31 Pool Closed	Jan 1, 2022 Pool Closed

Unless otherwise noted on the calendar Pool is open Monday-Friday 6am-2pm and Saturday 1-5pm

Programs

(S) Grow Young Fitness- (Beginner to Intermediate) Standing and sitting exercises all with chair assistance and support, lead via video by Deron Buboltz. Takes place in Fitness Room

(S) Wellness Scavenger Hunt- (Beginner) Follow clues to 5 different locations throughout the KLC and Apartments, complete the wellness activity at each, stamp your card and read the next clue for your next location. Meet in Pool Lobby for 1st clue.

Open Pickleball- (Intermediate to Advanced) In partnership with Mason City Pickleball, learn how to play, join a game, or just watch the action. Gymnasium

Walking club- (Beginner to Advanced) Meet with friends and residents and take a daily walk at your own pace and distance.

(S) 1 on 1 coaching- (Beginner to Advanced) Schedule a 20-minute session to meet with Steven during this time for a 1 on 1 coaching session, to discuss your fitness and wellness goals, discuss what exercises and activities you can and cannot do and work to create a plan to help you reach your goals, and share your victories and successes along the way. Pool Office

(S) Free Throw Friday- (Beginner to Advanced) See who can make the most free throws in a row with a variety of different balls, basketball, beach ball, pickleball etc. Challenge a friend, resident, or staff member to a free throw contest. Gymnasium

(S) Kayak in the pool-(Beginner) on select Sundays the white-water kayak club utilizes the pool to practice their skills throughout the winter. They have agreed to allow residents to come join them and learn how to paddle a kayak. This is a great way to overcome any fear of paddling on the water and you don't have to worry about getting cold since the water and air temp are both in the mid 80's. Experienced paddlers will be right alongside to help keep the boat stable while getting in and out and while you are first learning to paddle.

December Month long challenge

Read two books. Revisit an old favorite or check out something new. There are dozens of books in the atrium library available, and the Clear Lake Public Library has great recommendations, and even a book club you can join to get in on more of the conversation and stay motivated to read something new.

Note: an (S) prior to an activity indicates that it is facilitated/lead by a staff, activities with out that designation are done independently by residents.