

November 2021 Wellness Activities Calendar

(Terraces and TimberCrest Wellness Activities)

(Activities Subject to Change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Pool Open M-F 6 AM to 2 PM Saturday 1-5</p> <p>Hot Tub Open M-F 6a – 6p</p>	<p>1 Pool open 6am-2pm Walking club 9am 1 on 1 Coaching 10am-12 Open Pickleball 10am-1pm</p>	<p>2 Pool open 6am-2pm Walking club 9am Grow Young Fitness 1pm</p>	<p>3 Pool open 6am-2pm Walking club 9am Wellness Scavenger Hunt 10am Open Pickleball 10am-1pm Disc Golf with Christian 5pm</p>	<p>4 Pool open 6am-2pm Walking club 9am Grow Young Fitness 10am</p>	<p>5 Pool open 6am-2pm Walking club 9am Open Pickleball 10am-1pm</p> <p>Hot Tub Closed</p>	<p>6 Pool opens 1-5pm</p>
<p>7</p>	<p>8 Pool open 6am-2pm Walking club 9am</p>	<p>9 Pool open 6am-2pm Walking club 9am</p>	<p>10 Pool open 6am-2pm Walking club 9am Disc Golf with Christian 5pm</p>	<p>11 Pool open 6am-2pm Walking club 9am</p>	<p>12 Pool open 6am-2pm Walking club 9am</p>	<p>13 Pool opens 1-5pm</p>
<p>14</p>	<p>15 Pool open 6am-2pm Walking club 9am</p>	<p>16 Pool open 6am-2pm Walking club 9am Grow Young Fitness 1pm</p>	<p>17 Pool open 6am-2pm Walking club 9am Wellness Scavenger Hunt 10am Open Pickleball 10am-1pm Disc Golf with Christian 5pm</p>	<p>18 Pool open 6am-2pm Walking club 9am Grow Young Fitness 10am</p>	<p>19 Pool open 6am-2pm Walking club 9am Open Pickleball 10am-1pm</p> <p>Hot Tub Closed</p>	<p>20 Pool opens 1-5pm</p>
<p>21</p>	<p>22 Pool open 6am-2pm Walking club 9am 1 on 1 Coaching 10am-12</p>	<p>23 Pool open 6am-2pm Walking club 9am Grow Young Fitness 1pm</p>	<p>24 Pool open 6am-2pm Walking club 9am Wellness Scavenger Hunt 10am Open Pickleball 10am-1pm Disc Golf with Christian 5pm</p>	<p>25 Pool Closed</p>	<p>26 Pool Closed</p>	<p>27 Pool opens 1-5pm</p>
<p>28</p>	<p>29 Pool open 6am-2pm Walking club 9am</p>	<p>30 Pool open 6am-2pm Walking club 9am Grow Young Fitness 1pm</p>	<p>Mondays: 9a – 11a Coffee Chat in the Club Room</p>	<p>Tuesdays: 1p – 3p Billiards and Fellowship - SP</p>	<p>Wednesdays: 1p – 3p Cards/Games Silver Pines</p>	<p>Contact Steven Story with questions: 355-1240</p>

Terraces Residents are invited to participate in ALL wellness activities held in the Community Center. (TimberCrest Residents have a separate calendar for their additional activities for TC Residents)

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

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

Disc Golf with Christian- (Advanced) learn about the game of Disc Golf and how to play with Christian. Course will be kept shorter and on smoother more walkable holes. Disc Golf Course Sign

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

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

November Month long challenge

Walk a lap challenge: Walk one lap from your apartment to Atrium around the gymnasium and back to your apartment every day. Honor system will be used to track daily walk if you want a log sheet to mark it down as a reminder stop in and ask Steven for a log sheet. Residents who complete one lap every day for the month of November will receive a prize.