

January 2022 Wellness Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Walking club 9am Pickleball 9am-1pm Coffee Chat 9-11am	4 Walking club 9am (S) Grow Young Fitness 1pm Billiards 1-3pm	5 Walking club 9am Pickleball 9am-1pm Cards 1-3pm	6 Walking club 9am (S) Grow Young Fitness 10am	7 Walking club 9am Pickleball 9am-1pm (S) Free Throw Friday 1pm Hot Tub Closed	8
9 (S) Kayak 12-2pm	10 Walking club 9am Pickleball 9am-1pm Coffee Chat 9-11am	11 Walking club 9am (S) Grow Young Fitness 1pm Billiards 1-3pm	12 Walking club 9am Pickleball 9am-1pm Cards 1-3pm	13 Walking club 9am (S) Grow Young Fitness 10am	14 Walking club 9am Pickleball 9am-1pm	15
16	17 Walking club 9am Coffee Chat 9-11am	18 Walking club 9am (S) Grow Young Fitness 1pm Billiards 1-3pm	19 Walking club 9am Cards 1-3pm	20 Walking club 9am (S) Grow Young Fitness 10am	21 Walking club 9am Hot Tub Closed	22
23 (S) Kayak 12-2pm	24 Walking club 9am Pickleball 9am-1pm Coffee Chat 9-11am	25 Walking club 9am (S) Grow Young Fitness 1pm Billiards 1-3pm	26 Walking club 9am Pickleball 9am-1pm Cards 1-3pm	27 Walking club 9am (S) Grow Young Fitness 10am	28 Walking club 9am Pickleball 9am-1pm (S) Free Throw Friday 1pm	29
30	31 Walking club 9am Pickleball 9am-1pm Coffee Chat 9-11am					

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

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) 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.

January Month long challenge

Try 5 new things this month, after all it is a new year. These new things can be new recipes, books, activities, etc....

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.