

September 2024 Fitness Class Schedule

Location Key: AC – Activity Center, HPDR – Horsfall Private Dining Room, P – Pool, ML – Meadowlark Activity Room 2nd floor, MG – Masterpiece Gardens

Mondays

8:30 – 9:00 am **Strength & Balance (AC)**
9:30 – 10:15 am **Aquacize (P)**
10:00 – 10:30 am **Strength & Balance (Liz)(AC)**
10:30 – 11:00 am **Sit & Be Fit (AC)**
1:30 – 2:15 pm **Aquacize (P)**

Thursdays

8:30 – 9:00 am **Stretch (MG)***
9:00 – 9:45 am **Beginner Tai Chi with Jean (HPDR)***
9:15 – 9:45 am **Strength & Balance (AC)**
10:15 – 11:00 am **Aquacize (P)**
11:05 – 11:45 am **Aqua Zumba (P)**
1:30 – 3:00 pm **Resident Only Lap Swim (P)**

Tuesdays

8:30 – 9:00 am **Stretch (MG)***
9:00 – 9:45 am **Beginner Tai Chi with Jean (HPDR)***
9:15 – 9:45 am **Strength & Balance (AC)**
10:15 – 11:00 am **Aquacize (P)**
11:05 – 11:45 am **Aqua Zumba (P)**
11:00 – 11:45 am **Chair Yoga with Robin (AC)**
1:30 – 3:00 pm **Resident Only Lap Swim (P)**

Fridays

8:30 – 9:00 am **Strength & Balance (AC)**
9:30 – 10:15 am **Aquacize (P)**
10:00 - 10:30 am **Strength & Balance (Liz) (AC)**
10:30 – 11:00 am **Sit & Be Fit (AC)**
11:15 – 11:45 am **Core & More (AC)**

Saturdays

11:00 – 11:50 am **Chair Yoga with Robin (AC)***

Wednesdays

8:30 – 9:00 am **Strength & Balance (AC)**
9:30 – 10:15 am **Aquacize (P)**
10:00– 10:30 am **Strength & Balance (Liz)(ML)**
1:30 – 2:15 pm **Aquacize (P)***



Important Notes

- **No Tai Chi on 9/17 or 9/19.**
- **No Yoga on 9/28.**
- The **T/Th Stretch** class will be held outdoors in the Masterpiece Gardens for September (weather permitting. In case of inclement weather, the class will meet in the Activity Center).
- **No 1:30 pm Aquacize on 9/11.**
- Don't forget, there are two NuSteps, a treadmill, and an elliptical in our temporary Fitness Center (Simon Private Dining Room), as well as portable strength equipment. You are welcome to use the Fitness Center but you must first complete a brief orientation and sign a waiver (See Rena) if you haven't already.

Fitness Center (Simon Private Dining Room) Hours

Residents: 24 hours, 7 days per week
Members: 8 am to 8 pm, 7 days per week

Questions? Call Rena
217-344-2144 or e-mail
rleake@clarklindsey.com


Pool Hours

Residents:
6 am – 8:30 pm, Mon. – Sat.
6 am – 6 pm, Sun.

Members:
8 am – 8 pm, Mon. – Sat.
8 am – 6 pm, Sun.

NOTE:

-Only those residents who are signed up for lap swimming are allowed in the pool or on the deck from 1:30 – 3 pm on T/Th. There is a limit of one time slot per day per resident.
-The lap lane and jets are NOT available during aquatic classes (listed in blue above).


SUN	MON	TUE	WED	THUR	FRI	SAT
3:00 Rummikub (Horsfall) 1	Labor Day 3:00 Communion (BGL) 7:00 Euchre (BGL) 2	10:30 Indoor Activities Committee (BGL) 3 1:00 Van trip committee meeting (Multi-Purpose Room) 1:30 Mahjong (BGL) 3:00 Video Scholars (Horsfall) 6:30 Van to U of I Volleyball (LL)	10:00 Exercise with Liz (AR2) 4 1:30 In Person Voter Registration (LDR) 7:00 * Outdoor Games (MPG) 7:00 St. Pats Bible Study (S)	10:15 Communion (S) 5 1:00 Ping Pong (AC) 1:30 Resident Gardens Open House Social (RG) 3:00 The Readers (HPDR)	1:00 Kitchen Garden Project Monthly Meeting (Horsfall) 1:30 In Person Voter Registration (ML DR 3) 2:30 Afternoon Social (HL) 7:15 Movie Night (AC) 6	9:30 Billiards (BGL) 7 1:30 Van Trip: Squonk Performs Brouhaha at Krannert Center (LL) 2:00 500 Card Game (BGL)
3:00 Rummikub (Horsfall) 8	1:00 Evans Hobby-Craft Committee Meeting (Multi purpose room) 2:00 Floral Decorations Committee (S) 3:30 Movie Committee (BGL) 7:00 Euchre (BGL) 7:00 * Money Makes The World Go 'Round with Joe Finnerly (AC) 9	9:30 Resident Council (AC) 10 1:30 Mahjong (BGL) 1:30 PB&J Making (LDR) 3:00 Video Scholars (Horsfall)	10:00 Exercise with Liz (AR2) 11 1:30 Writers Group (BGL) 7:00 * Outdoor Games (MPG) 7:00 St. Pats Bible Study (S)	8:00 Krispy Kreme Donut Sale (LDR) 12 9:30 Outdoor Shuffleboard (Outside Door 6S) 10:15 Communion (S) 11:00 Village Voice (HPDR) 1:00 Ping Pong (AC) 4:30 Artist Reception (G)	2:30 Afternoon Social (HL) 13 7:15 Movie Night (AC)	9:30 Billiards (BGL) 14 1:30 Poetry Writing Workshop (Horsfall) 2:00 500 Card Game (BGL)
1:00 Van Trip: Poster and Fan Making for Pride Fest 2024 (LL) 15 1:30 Poetry Writing Workshop (Horsfall) 3:00 Rummikub (Horsfall)	1:00 Afternoon Movie (AC) 16 1:30 Old School Addiction Band (LDR) 7:00 Euchre (BGL)	1:30 Mahjong (BGL) 17 3:00 Video Scholars (Horsfall) 7:00 * Trivial Pursuit with Jim Young (Horsfall)	10:00 Exercise with Liz (AR2) 18 11:00 Van Trip: North Champaign Shopping (LL) 1:00 Van Trip: Meditation Walk at The Japan House With Robin Goettel (LL) 2:00 Library Committee (HPDR) 7:00 * Outdoor Games (MPG) 7:00 St. Pats Bible Study (S)	10:00 Dining Committee (AC) 19 10:15 Communion (S) 1:00 Ping Pong (AC) 1:30 The Readers (HPDR)	1:30 Caregiver Support Group (HPDR) 20 2:30 Afternoon Social (HL) 7:00 Sinfonia da Camera Concerts at Krannert (LL) 7:15 Movie Night (AC)	9:00 Van Trip: Walk to End Alzheimer's at Crystal Lake Park (LL) 21 9:30 Billiards (BGL) 12:00 Van Trip CU Pride Fest (LL) 1:30 Poetry Writing Workshop (Horsfall) 2:00 500 Card Game (BGL)
1:30 Poetry Writing Workshop (Horsfall) 22 3:00 Rummikub (Horsfall)	1:00 Opera Appreciation (HPDR) 23 7:00 Euchre (BGL)	1:30 Mahjong (BGL) 24 1:30 PB&J Making (LDR) 2:00 Meditation with Florence Caplow (AC) 3:00 Video Scholars (Horsfall)	10:00 Exercise with Liz (AR2) 25 1:00 Don't Remember What You Forgot? Presentation with Grace Snider, ST (LDR) 1:30 Writers Group (BGL) 3:00 Book Club (AC) 7:00 St. Pats Bible Study (S)	10:15 Communion (S) 26 1:00 Ping Pong (AC) 1:30 Putting Tournament (MPG) 4:30 Happy Hour with ClarkLindsey Volunteer Bee Keeper Maggie (HL)	10:00 Autumn Equinox Workshop (AR2) 27 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	9:30 Billiards (BGL) 28 1:30 Poetry Writing Workshop (AC) 2:00 500 Card Game (BGL) 7:00 BINGO (AC)
10:00 Clark Lindsey's Car Show (Meadowlark Parking Lot) 29 3:00 Rummikub (Horsfall) 5:30 Van Trip: Sakura Japanese Restaurant (LL)	1:30 Poetry Writing Workshop (AC) 30 7:00 Euchre (BGL)	LOCATION KEY AC - Activity Center BGL - Billiard & Game Lounge G - Gallery HPDR - Horsfall PDR HL - Huey Lounge LDR - Laing Dining Room LL - Legacy Lobby MPG - Masterpiece Gardens AR2 - MeadowLark 2nd Floor Activity Room ML DR 3 - MeadowLark 3rd Floor Dining Room RG - Resident Gardens S - Solarium	<i>These events are still hapenning</i> *Coffee in Laing Dining Monday-Saturday 10a *Wellness Nurse Floor 2 Lounge Mondays and Wednesdays 9a-11a *Tech Help With Micheal Mondays, Wednesdays, Fridays 10:30a-noon and by appointment 1p-5p	* indicates Platinum Waitlist Members and Depositors are invited to the event	 <p>Bob Burger 9/2 Anna Merritt 9/4 Arcelia Watson 9/5 Ellen Brewer 9/7 Jon Liebman 9/10 David Leslie 9/10 Mike Sargent 9/11 Doug Bauling 9/12</p> <p>Aiko Perry 9/21 John Albright 9/21 Lynn Kelly 9/22 Maxine Kater 9/23 Janet Bedford 9/24 Mary Bauling 9/27 Dirk Mol 9/27 Belden Fields 9/30</p>	

September 2024

Legacy Building

Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com

ClarkLindsey

SUN	MON	TUE	WED	THUR	FRI	SAT
1 Labor Day 10:15 AM Daily Chronicles & Headlines (MBAR) 11:15 AM Rena's Workout (MBDR) 1:30 PM Sing-along w/ Kristy (MBDR) 2:00 PM Comfort Dog Visit (MBAR) 2:00 PM Glen's Travels (MBAR) 3:00 PM Word Fun w/ Glen (MBAR) 5:30 PM Dinner & Dialogue (MBDR)	2 9:30 AM Coffee & Conversation (MBDR) 11:00 AM Cranium Crunches (MBAR) 1:30 PM Pride Service Project Craft (MBAR) 4:15 PM Roll & Stroll (Outside MB)	3 9:30 AM Coffee & Conversation (MBDR) 11:15 AM Rena's Workout (MBDR) 1:30 PM Clark Lindsey Library Visit (MBAR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR)	4 9:30 AM Coffee & Conversation (MBDR) 10:00 AM Art Therapy (MBAR) 10:30 AM Everything but the kitchen sink: Kay's band (LDR) 1:30 PM Resident Gardens Open House Social (RG) 4:15 PM Artistic Endeavors (MBAR)	5 9:15 AM Coffee & Conversation (MBDR) 11:00 AM Morning Movement (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 4:00 PM Trivia Time (MBAR)	6 9:30 AM Coffee & Conversation (MBDR) & Conversation (MBDR) 3:00 PM Game Time (MBAR)	7
8 10:15 AM Daily Chronicles & Headlines (MBAR) 11:15 AM Rena's Workout (MBDR) 1:00 PM Fellowship and Prayer w/ Mark Jacobs (MBAR) 2:00 PM Glen's Travels (MBAR) 3:00 PM Word Fun w/ Glen (MBAR)	9 9:30 AM Therapy Dog Visit (MBAR) 11:00 AM Cranium Crunches (MBAR) 4:15 PM Roll & Stroll (Outside MB)	10 9:30 AM Coffee & Conversation (MBDR) 11:15 AM Rena's Workout (MBDR) 4:00 PM Bingo (MBDR)	11 8:00 AM Krispy Kreme Donut Sale (LDR) 9:30 AM Coffee & Conversation (MBDR) 10:30 AM Everything but the kitchen sink: Kay's band (LDR) 1:30 PM Van Trip: Country Drive 4:15 PM Artistic Endeavors (MBAR)	12 9:15 AM Coffee & Conversation (MBDR) 11:00 AM Morning Movement (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 4:00 PM Trivia Time (MBAR)	13 10:30 AM Pretty Nails (MBAR) 3:00 PM Game Time (MBAR)	14
15 10:15 AM Daily Chronicles & Headlines (MBAR) 11:15 AM Rena's Workout (MBDR) 1:30 PM Old School Addiction Band (LDR) 2:00 PM Glen's Travels (MBAR) 3:00 PM Meadowbrook Family Council (MBDR) 3:00 PM Word Fun w/ Glen (MBAR) 5:30 PM Dinner & Dialogue (MBDR)	16 9:30 AM Coffee & Conversation (MBDR) 11:00 AM Cranium Crunches (MBAR) 4:15 PM Roll & Stroll (Outside MB)	17 9:30 AM Coffee & Conversation (MBDR) 11:15 AM Rena's Workout (MBDR) 1:30 PM Meadowbrook Book Club (MBAR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR)	18 9:30 AM Coffee & Conversation (MBDR) 10:00 AM Art Therapy (MBAR) 10:30 AM Everything but the kitchen sink: Kay's band (LDR) 1:30 PM Groovin' to the '60s Music Therapy ZOOM (MBAR) 2:15 PM Mapping with Randy (MBDR) 4:15 PM Artistic Endeavors (MBAR)	19 9:15 AM Coffee & Conversation (MBDR) 11:00 AM Morning Movement (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 4:00 PM Trivia Time (MBAR)	20 3:00 PM Game Time (MBAR)	21
22 10:15 AM Daily Chronicles & Headlines (MBAR) 11:15 AM Rena's Workout (MBDR) 1:00 PM Fellowship and Prayer w/ Mark Jacobs (MBAR) 2:00 PM Glen's Travels (MBAR) 3:00 PM Word Fun w/ Glen (MBAR) 5:30 PM Dinner & Dialogue (MBDR)	23 9:30 AM Birthday Card Signing (MBDR) 11:00 AM Cranium Crunches (MBAR) 2:00 PM Resident Council Meeting (MBDR) 4:15 PM Roll & Stroll (Outside MB)	24 9:30 AM Coffee & Conversation (MBDR) 11:15 AM Rena's Workout (MBDR) 1:00 PM Don't Remember What You Forgot? Presentation with Grace Snider, ST (LDR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR)	25 9:30 AM Coffee & Conversation (MBDR) 10:30 AM Everything but the kitchen sink: Kay's band (LDR) 1:30 PM September Birthday Social (MBAR) 4:15 PM Artistic Endeavors (MBAR)	26 9:15 AM Coffee & Conversation (MBDR) 11:00 AM Morning Movement (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 4:00 PM Trivia Time (MBAR)	27 9:30 AM Coffee & Conversation (MBDR) & Conversation (MBDR) 3:00 PM Game Time (MBAR)	28
10:00 AM Clark Lindsey's Car Show (Outside AL) 29	10:15 AM Therapy Dog Visit (MBAR) 30 11:15 AM Rena's Workout (MBDR) 2:00 PM Glen's Travels (MBAR) 3:00 PM Word Fun w/ Glen (MBAR)	LOCATION KEY LDR - Laing Dining Room MBAR - Meadowbrook Activity Room MBDR - Meadowbrook Dining Room RG - Resident Gardens				

September 2024

Meadowbrook



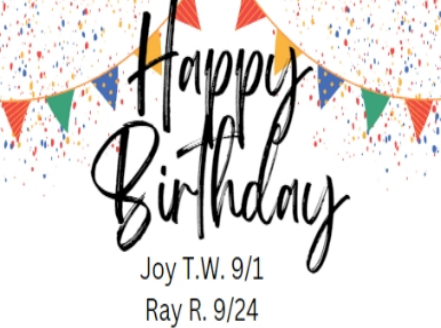
Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Anytime: Table Talk Spiritual Streaming or Visits Courtyard Breezes Mind Benders Sweet Melodies with Kira Giant Checkers	9:30 Exercise- Strength & Stretch 11:15 Eldergrow Project 7:00 Movie Night Anytime: One on One Visits Wonderful Life Workshop Courtyard Breezes Mind Benders <i>Labor Day</i>	11:15 Eldergrow Project 7:00 Timeless Tunes Anytime: One on One Visits Daily Chronicles Muse & Make Mind Benders Service Project	9:30 Exercise- Strength & Stretch 11:15 Eldergrow Project 7:00 Zen Art Anytime: One on One Visits Scrabble Wonderful Life Workshop Armchair Travel	10:30 Kay's Band (LDR) 1:45 Cooking Club 7:00 Moments of Joy Anytime: One on One Visits Game Time! Sip and Chat Mind Benders	11:15 Eldergrow Project 7:00 Movie Night Anytime: One on One Visits Game Time! Muse & Make Courtyard Breezes Bean Bag Toss	10:30 Muse & Make 3:30 Mini Golf Anytime: Jigsaw Puzzle Friends & Family Scavenger
Anytime: Table Talk Spiritual Streaming or Visits Courtyard Breezes Mind Benders Sweet Melodies with Kira Watercolor Painting <i>Grandparents Day</i>	9:30 Exercise- Strength & Stretch 11:15 Eldergrow Lesson 7:00 Movie Night Anytime: One on One Visits Wonderful Life Workshop Courtyard Breezes Mind Benders	11:15 Eldergrow Lesson 7:00 Timeless Tunes Anytime: One on One Visits Muse & Make Mind Benders Service Project Daily Chronicles	9:30 Exercise- Strength & Stretch 11:15 Eldergrow Project 7:00 Zen Art Anytime: One on One Visits Mind Benders Wonderful Life Workshop Armchair Travel	10:30 Kay's Band (LDR) 1:45 Cooking Club 7:00 Moments of Joy Anytime: One on One Visits Game Time! Sip and Chat Mind Benders	11:15 Eldergrow Project 7:00 Movie Night Anytime: One on One Visits Game Time! Muse & Make Courtyard Breezes Balloon Volleyball	11:30 I Spy 3:30 BINGO 5:35 Aquapaint Anytime: Zen Art Friends & Family Scavenger
Anytime: Table Talk Spiritual Streaming or Visits Courtyard Breezes Mind Benders Sweet Melodies with Kira Wonderful Life Workshop	11:15 Eldergrow Project 1:30 Music with Kristy 7:00 Movie Night Anytime: One on One Visits Wonderful Life Workshop Courtyard Breezes Mind Benders	11:15 Eldergrow Project 3:00 Bible Study (AR1) 7:00 Timeless Tunes Anytime: One on One Visits Muse & Make Service Project Mind Benders	9:30 Exercise- Strength & Stretch 11:15 Eldergrow Project 7:00 Zen Art Anytime: One on One Visits Scrabble Wonderful Life Workshop Armchair Travel	10:30 Kay's Band (LDR) 1:45 Cooking Club 7:00 Moments of Joy Anytime: One on One Visits Game Time! Sip and Chat Mind Benders	11:15 Eldergrow Project 7:00 Movie Night Anytime: One on One Visits Game Time! Muse & Make Courtyard Breezes Mini Golf	4:00 Pop Corn Social Anytime: Tabletop Ping Pong Friends & Family Scavenger <i>Oktoberfest Begins</i>
Anytime: Table Talk Spiritual Streaming or Visits Courtyard Breezes Mind Benders Sweet Melodies with Kira Jigsaw Puzzles <i>Autumn Begins</i>	11:15 Eldergrow Lesson 3:00 Bible Study (AR1) 7:00 Movie Night Anytime: One on One Visits Wonderful Life Workshop Courtyard Breezes Mind Benders	11:15 Eldergrow Lesson 7:00 Timeless Tunes Anytime: One on One Visits Muse & Make Mind Benders Service Project Daily Chronicles	9:30 Exercise- Strength & Stretch 11:15 Eldergrow Project 7:00 Zen Art Anytime: One on One Visits Scrabble Mind Benders Armchair Travel	10:30 Kay's Band (LDR) 1:45 Cooking Club 7:00 Moments of Joy Anytime: One on One Visits Scrabble Sip & Chat-Birthdays! Mind Benders	11:15 Eldergrow Project 1:45 Cooking with Friends 7:00 Movie Night Anytime: One on One Visits Game Time! Muse & Make Courtyard Breezes Seated Air Soccer	10:30 Muse & Make 3:30 Apple Taste Test Anytime: Jigsaw Puzzle Friends & Family Scavenger
10:00 Car Show (outside ML)	9:30 Exercise- Strength & Stretch 11:15 Eldergrow Project 7:00 Movie Night Anytime: One on One Visits Wonderful Life Workshop Courtyard Breezes Mind Benders					

September 2024

*Activities are subject to change, contact ResidentEngagementTeam@ClarkLindsey.com

September 12th- Happy Birthday, Wayne!

SUN	MON	TUE	WED	THUR	FRI	SAT
3:00 Rummikub (Horsfall) 1	10:00 Coffee (LDR) 10:30 Walk & Roll (AR2) 2 11:15 Eldergrow Program (ML 1) 2:00 Service Project craft (AR3) 3:15 Brain, Body, and Balance (AR2) 4:15 Trivia (AR3) 7:00 Puzzle Corner (AR2)	10:00 Coffee (LDR) 3 11:15 Eldergrow Program (ML 1) 1:15 Renaeobics (AR2) 3:00 Video Scholars (Horsfall) 4:15 Card Games - Uno (AR3 Common Area) 6:30 Van to U of I Volleyball (LL) 7:00 Movie Night (AR2)	10:00 Coffee (LDR) 4 10:00 Exercise with Liz (AR2) 11:15 Eldergrow Program (ML 1) 1:30 In Person Voter Registration (LDR) 3:15 Brain, Body, and Balance (AR2) 7:00 * Outdoor Games (MPG) 7:00 St. Pats Bible Study (S)	10:00 Coffee (LDR) 5 10:30 Everything but the kitchen sink: Kay's band (LDR) 1:00 Ping Pong (AC) 1:30 Resident Gardens Open House Social (RG) 2:00 Cooking Club - Baked Apples with Oatmeal Filling (AR3) 3:00 The Readers (HPDR) 4:30 Happy Hour (HL)	10:00 Coffee (LDR) 6 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML 1) 1:00 Kitchen Garden Project Monthly Meeting (Horsfall) 1:30 In Person Voter Registration (ML DR 3) 2:30 Afternoon Social (HL) 4:15 Craft - Bookmarks (AR3) 7:15 Movie Night (AC)	10:00 Coffee (LDR) 7 1:30 Van Trip: Squonk Performs Brouhaha at Krannert Center (LL) 2:00 Board Game - Scrabble (AR2) 4:35 Walk N' Roll (ML Courtyard)
3:00 Rummikub (Horsfall) 8	10:00 Coffee (LDR) 9 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML 1) 1:00 Evans Hobby-Craft Committee Meeting (Multi purpose room) 4:15 Trivia (AR3) 7:00 * Money Makes The World Go 'Round with Joe Finnerty (AC)	10:00 Coffee (LDR) 10 10:30 Library Visits (Legacy Library) 11:15 Eldergrow Program (ML 1) 1:15 Renaeobics (AR2) 3:00 Video Scholars (Horsfall) 4:15 Walk N' Roll (AR3) 7:00 Movie Night -- Disney Inspired (AR2)	10:00 Coffee (LDR) 11 10:00 Exercise with Liz (AR2) 11:15 Eldergrow Program (ML 1) 3:15 Brain, Body, and Balance (AR2) 4:00 Bingo with the Family (ML Courtyard) 7:00 * Outdoor Games (MPG) 7:00 St. Pats Bible Study (S)	8:00 Krispy Kreme Donut Sale (LDR) 12 9:30 Outdoor Shuffleboard (Outside Door 6S) 10:00 Coffee (LDR) 10:30 Everything but the kitchen sink: Kay's band (LDR) 1:00 Ping Pong (AC) 2:00 Mocktails and Mini golf (ML Courtyard) 4:30 Artist Reception (G) 4:30 Happy Hour (HL)	10:00 Coffee (LDR) 13 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML 1) 2:30 Afternoon Social (HL) 4:15 Craft - No - sew sachets (AR3) 7:15 Movie Night (AC)	10:00 Coffee (LDR) 14 11:00 Illini Game (2nd Floor Common Area) 1:30 Poetry Writing Workshop (Horsfall) 2:00 Armchair Travels - London (2nd Floor Common Area)
1:00 Van Trip: Poster and Fan Making for Pride Fest 2024 (LL) 15 1:30 Poetry Writing Workshop (Horsfall) 2:00 Movie and Snacks (AR2) 3:00 Rummikub (Horsfall)	10:00 Coffee (LDR) 16 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML 1) 1:00 Afternoon Movie (AC) 1:30 Old School Addiction Band (LDR) 2:00 Ice cream social (2nd Floor Common Area) 3:15 Brain, Body, and Balance (AR2) 4:15 Trivia (AR3) 7:00 Puzzle Corner (AR2)	10:00 Coffee (LDR) 17 10:30 Library Visits (Legacy Library) 11:15 Eldergrow Program (ML 1) 3:00 Video Scholars (Horsfall) 4:15 Card Games - Uno (AR3 Common Area) 7:00 * Trivial Pursuit with Jim Young (Horsfall)	10:00 Coffee (LDR) 18 10:00 Exercise with Liz (AR2) 11:00 Van trip for: North Champaign shopping trip (LL) 11:15 Eldergrow Program (ML 1) 1:00 Van Trip: Meditation Walk at The Japan House With Robin Goettel (LL) 3:15 Brain, Body, and Balance (AR2) 7:00 * Outdoor Games (MPG) 7:00 St. Pats Bible Study (S)	10:00 Coffee (LDR) 19 10:30 Everything but the kitchen sink: Kay's band (LDR) 1:00 Ping Pong (AC) 1:30 The Readers (HPDR) 2:00 Cooking Club - Snickerdoodle Cookies (AR3) 4:30 Happy Hour (HL)	10:00 Coffee (LDR) 20 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML 1) 2:30 Afternoon Social (HL) 4:15 Travel Brief - Mexico City (AR3) 7:00 Sinfonia da Camera Concerts at Krannert (LL) 7:15 Movie Night (AC)	9:00 Van Trip: Walk to End Alzheimer's at Crystal Lake Park (LL) 21 10:00 Coffee (LDR) 11:30 Birthday card signing (AR3) 12:00 Van Trip CU Pride Fest (LL) 1:30 Poetry Writing Workshop (Horsfall) 2:00 Creative corner with Becca (AR2)
1:30 Poetry Writing Workshop (Horsfall) 22 3:00 Rummikub (Horsfall)	10:00 Coffee (LDR) 23 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML 1) 1:00 Opera Appreciation (HPDR) 3:15 Brain, Body, and Balance (AR2) 4:15 Trivia (AR3) 7:00 Puzzle Corner (AR2)	9:00 Resident Council Meeting (3rd Floor Common Area) 24 10:00 Coffee (LDR) 10:30 Library Visits (Legacy Library) 11:15 Eldergrow Program (ML 1) 1:15 Renaeobics (AR2) 2:00 Meditation with Florence Caplow (AC) 3:00 Video Scholars (Horsfall) 4:15 Walk N' Roll (AR3) 7:00 Movie Night (AR2)	10:00 Coffee (LDR) 25 10:00 Exercise with Liz (AR2) 11:15 Eldergrow Program (ML 1) 1:00 Don't Remember What You Forgot? Presentation with Grace Snider, ST (LDR) 2:00 Making dog treats for Human Society (AR3) 3:15 Brain, Body, and Balance (AR2) 7:00 St. Pats Bible Study (S)	10:00 Coffee (LDR) 26 10:30 Everything but the kitchen sink: Kay's band (LDR) 1:00 Ping Pong (AC) 1:30 Putting Tournament (MPG) 2:00 Cooking Club - Caramel Apple Bar (AR3) 3:00 Birthday Social (AR3) 4:30 Happy Hour with ClarkLindsey Volunteer Bee Keeper Maggie (HL)	10:00 Autumn Equinox Workshop (AR2) 27 10:00 Coffee (LDR) 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML 1) 2:30 Afternoon Social (HL) 4:15 Travel Brief - Kauai Hawaii (AR3) 7:15 Movie Night (AC)	10:00 Coffee (LDR) 28 1:30 Poetry Writing Workshop (AC) 2:00 Trivia Pursuit (AR3) 4:35 Puzzle Pages (AR3)
10:00 Clark Lindsey's Car Show (Outside AL) 29 3:00 Rummikub (Horsfall) 5:30 Van Trip: Sakura Japanese Restaurant (LL)	10:00 Coffee (LDR) 30 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML 1) 1:30 Poetry Writing Workshop (AC) 3:15 Brain, Body, and Balance (AR2) 4:15 Trivia (AR3) 7:00 Puzzle Corner (AR2)		LOCATION KEY AC - Activity Center G - Gallery HPDR - Horsfall PDR HL - Huegy Lounge LDR - Laing Dining Room LL - Legacy Lobby MPG - Masterpiece Gardens ML 1 - MeadowLark 1st Floor AR2 - MeadowLark 2nd Floor Activity Room AR3 - MeadowLark 3rd Floor Activity Room ML DR 3 - MeadowLark 3rd Floor Dining Room RG - Resident Gardens S - Solarium	These services are still hapenning *Wellness Nurse, Legacy Building, Floor 2 Lounge, Mondays and Wednesdays 9a-11a *Tech Help With Micheal Mondays, Wednesdays, Fridays 10:30a-noon and by appointment 1p-5p		 Happy Birthday Joy T.W. 9/1 Ray R. 9/24

September 2024

MeadowLark 2/3



Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com

SUN	MON	TUE	WED	THUR	FRI	SAT
	1 Labor Day 9:00 Morning Mingle (GHH) 10:30 Pride Service Project Craft (EGH) 1:30 Sing-along w/ Kira (WGH) 3:00 Wonderful Life Workshop (EGH)	2 9:00 Morning Mingle (GHH) 10:30 Dada Veda: Singing folk songs (WGH) 1:30 Artistic Endeavors (EGH) 2:45 Sensory Wellness (WGH) 4:00 Musical Moments (EGH)	3 9:00 Morning Mingle (GHH) 10:30 Church Service & Songs w/ Jon Norris (EGH) 1:30 Craft Corner (WGH) 2:45 Outdoor Walk (EGH) 4:00 Jigsaw Puzzle Time (WGH)	4 9:00 Morning Mingle (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 11:15 Art Therapy (WGH) 1:30 Resident Gardens Open House Social (RG) 2:45 Baking Club (WGH) 4:00 Game Time (EGH)	5 9:00 Morning Mingle (GHH) 11:30 Scholarly Series (GHH)	6 1:00 Artistic Endeavors (EGH) 4:00 Cranium Crunches (WGH)
	8 9:00 Morning Mingle (GHH) 11:00 Fellowship and Prayer w/ Mark Jacobs (GHH) 9:30 Sing-along w/ Kristy (EGH) 3:00 Wonderful Life Workshop (WGH)	9 9:00 Morning Mingle (GHH) 10:15 Garden Games (WGH Courtyard) 2:45 Sensory Wellness (EGH) 4:00 Musical Moments (WGH)	10 9:00 Morning Mingle (GHH) 10:15 Clark Lindsey Library Visit (WGH) 3:15 Outdoor Walk (WGH) 4:00 Bingo (GHH)	11 8:00 Krispy Kreme Donut Sale (LDR) 9:00 Morning Mingle (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:30 Van Trip: Country Drive 2:45 Baking Club (EGH) 4:00 Game Time (WGH)	12 9:00 Morning Mingle (GHH) 11:30 Scholarly Series (GHH)	13 1:00 Pretty Nails (WGH) 4:00 Jigsaw Puzzle Time (EGH)
	15 9:00 Morning Mingle (GHH) 10:30 Craft Corner (EGH) 1:30 Old School Addiction Band (LDR) 3:00 Wonderful Life Workshop (WGH)	16 9:00 Therapy Dog Visit (GHH) 10:15 Garden Games (EGH courtyard) 2:45 Sensory Wellness (WGH) 4:00 Musical Moments (EGH)	17 9:00 Morning Mingle (GHH) 10:15 Clark Lindsey Library Visit (EGH) 1:30 Craft Corner (WGH) 2:45 Outdoor Walk (EGH) 4:00 Jigsaw Puzzle Time (WGH)	18 9:00 Morning Mingle (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 11:15 Art Therapy (EGH) 1:30 Groovin' to the '60s Music Therapy ZOOM (EGH) 2:45 Baking Club (WGH) 4:00 Game Time (EGH)	19 9:00 Morning Mingle (GHH) 11:30 Scholarly Series (GHH)	20 1:00 Game Time (WGH)
	22 9:00 Morning Mingle (GHH) 11:00 Fellowship and Prayer w/ Mark Jacobs (GHH) 2:00 Sing-along w/ Kristy (WGH) 3:00 Wonderful Life Workshop (EGH)	23 9:00 Morning Mingle (GHH) 10:30 Kay's Band: Everything But the Kitchen Sink (EGH) 1:30 Artistic Endeavors (WGH) 3:15 Resident Council Meeting (WGH) 4:00 Musical Moments (WGH)	24 9:00 Morning Mingle (GHH) 10:15 Clark Lindsey Library Visit (WGH) 1:30 Craft Corner (EGH) 2:45 Outdoor Walk (WGH) 4:00 Jigsaw Puzzle Time (EGH)	25 9:00 Morning Mingle (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:30 Afternoon Funnies (WGH) 2:45 Baking Club (EGH) 4:00 Game Time (WGH)	26 9:00 Morning Mingle (GHH) 11:30 Scholarly Series (GHH) 1:30 Music & Movement w/ Rena (WGH) 2:00 Artistic Endeavors (EGH) 3:15 Courtyard Breezes (WGH)	27 1:00 Game Time (EGH) 4:00 Jigsaw Puzzle Time (WGH)
10:00 Clark Lindsey's Car Show (Outside AL)	29 9:00 Morning Mingle (GHH) 10:30 Craft Corner (EGH) 1:30 Sing-along w/ Kira (WGH) 3:00 Wonderful Life Workshop (EGH)	30 LOCATION KEY EGH - East Green House GHH - Green House Homes LDR - Laing Dining Room RG - Resident Gardens WGH - West Green House				

September 2024

Green House Homes



Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com