

May 2022

FC Fitness Camp

RL Resident Led

SR Sign-Up Required

CR Craft Room

DR Dining Room

L Lounge

LS Library South

T Theatre

Exercise Class

If Lunch Outing

† Church Service ☐ Bus Outing

DIGOVE Senior L		022			•	SR Sign-Up Required Theatre CR Craft Room	
					DR Dining Room	† Lunch Outing	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
10:30 T Church Service with Reverend Dr. Hylton M. Turner (T) † 4:00 RL Card Games (L)	9:30 FC Energizing Yoga III 9:30 RL Hallway Exercise 1st Fl South 10:00 CR Coffee/Cocoa & Current Events 11:00 FC Rock n' Band III 1:00 SR Shopping at Trader Joe's III 1:30 FC Pilates Fusion III 3:00 L Bingo	9:30 RL Hallway Exercise 1st Fl South 10:00 CR Trivia Tuesday 10:45 SR Kauffman Memorial Garden Tour-Free ☐ 11:00 FC Bodyweight Balance & Core ☐ 1:30 FC Senior Strong ☐ 2:15 FC Chair Volleyball ☐ 3:00 L Resident Group "90 Proof" 90 and Older	9:30 GR Craft Time 9:30 RL Hallway Exercise 1st FI South 9:30 FC HUR Fitness + 10:00 GR Brain Games (GR) 10:00 GR Brain Games (GR) 10:00 GR Brain Games (GR) 11:00 FC Beginner Mobility (Flexibility) + 1:30 GR Bible Study with Pete 1:30 FC Chair Yoga + 3:00 GR Bingo 4:15 Resident Led Happy Hour BYOB	9:30 RL Hallway Exercise 1st Fl South 10:00 SR Outing-Truman Library and lunch-\$8.00 chg = 11:00 FC HUR Fitness + 1:30 FC Bodyweight Balance & Core + 2:00 L Ice Cream Social 2:15 FC Chair Velleyball + 3:00 L Binge	9:30 RL Hallway Exercise 1st FI South 9:30 FC HUR Fitness + 10:00 GR Cofor Me Calm 11:00 GC Chair Yoga - 1:30 FG Beginner Balance Class + 3:00 Wine Mix & Mingle Sponsored by Lakeview Village w/ Wynne Jennings	11:30 FC Dance Class with Harrison 1:00 RL Mexican Train Dominoes 2:00 RL Pictionary Game (GR 5:30 RL Game Night 6:00 RL Group UNO	
10:30 T Church Service with Reverend Dr. Hylton M. Turner (T) † 4:00 RL Card Games (L)	9:30 FC Energizing Yoga 9:30 FC Energizing Yoga 9:30 RL Hallway Exercise 1st Fl South 10:00 CR Coffee/Cocoa & Current Events 11:00 FC Rock n' Band 11:00 SR Shopping at Walmart 1:30 FC Pilates Fusion 13:00 L Bingo	9:30 RL Hallway Exercise 1st Fl South 10:00 CR Trivia Tuesday 11:00 CB Bodyweight Balance & Core 11:00 SR Shopping at HyVee 11:00 LS Residents' Book Club 1:30 L Ladies' Tea 1:30 C Senior Strong 11:00 Senior	9:30 CR Craft Time 9:30 RL Hallway Exercise 1st FI South 9:30 FO HUR Fitness ++ 10:00 FO Brain Games (GR) 11:00 FO Beginner Mobility (Flexibility) ++ 12:30 Resident Activity Meeting 1:00 FO Catholic Mass w/ Father Bruning 1:30 FO Chair Yoga ++ 3:00 FO Bingo 4:15 Resident Led Happy Hour BYOB	9:30 AL Hallway Exercise 1st FI South 10:45 SR Juliet Lunch at Silo 11:00 FC HUR Fitness + 11:30 FC Bodyweight Balance & Core + 11:30 FC Chair Volleyball + 11:30 FC Chair Volleyball + 11:30 FC Bingo	9:30 RL Hallway Exercise 1st FI South 9:30 FC HUR Fitness III 10:00 R Color Me Calm 11:00 FC Chair Yoga III 1:30 FC Beginner Balance Class III 3:00 L Wine Mix & Mingle & Birthday Celebration/Entertainment sponsored by The Key w/ Catherine Bohm	1:00 RL Mexican Train Dominoes 2:00 RL Pictionary Game (GR) 5:30 RL Game Night 6:00 RL Group UNO	
10:30 T Church Service with Reverend Dr. Hylton M. Turner (T) † 4:00 RL Card Games (L)	9:30 FC Energizing Yoga ++ 9:30 RL Hallway Exercise 1st Fl South 10:00 CR Coffee/Cocoa & Current Events 11:00 FC Rock n' Band ++ 11:00 SR Shopping at Price Chopper 1:30 FC Pilates Fusion ++ 3:00 L Bingo	Schmidt 🖨	9:30 CR Craft Time 9:30 RN Hallway Exercise 1st Fl South 9:30 FO HUR Fitness ++ 10:00 CR Brain Games (GR) 11:00 FO Beginner Mobility (Flexibility) ++ 1:00 DR Resident Dining Meeting 1:30 L Bible Study with Pete 1:30 FO Chair Yoga ++ 3:00 Bingo 4:15 Resident Led Happy Hour BYOB	9:30 RL Hallway Exercise 1st Fl South 10:45 SR Argosy Casino and Buffets 11:00 FC HUR Fitness + 11:30 FC Bodyweight Balance & Core + 11:30 FC Bodyweight Balance & Core + 11:30 FC Cream Social 2:00 L Ice Cream Social 2:00 L Ice Cream sponsored by Addington Place 2:15 FC Chair Volleyball + 13:00 Bingo	9:30 RL Hallway Exercise 1st Fl South 9:30 FC HUR Fitness ++ 10:00 GR Color Me Calm 11:00 FC Chair Yoga ++ 1:00 T Rosary 1:30 FC Beginner Balance Class ++ 3:00 T Wine Mix & Mingle Sponsored by Lakeview Village w/ Steve Kakacek	11:30 FC Dance Class with Harrison 1:00 RL Mexican Train Dominoes 2:00 RL Pictionary Game (GR) 5:30 RL Game Night 6:00 RL Group UNO	
Church Service with Reverend Dr. Hylton M. Turner (T) † 4:00 RL Card Games (L)	9:30 FC Energizing Yoga ++ 9:30 RL Hallway Exercise 1st Fl South	9:30 RL Hallway Exercise 1st Fl South 10:00 Ch Trivia Tuesday 10:45 R Lunch at Cracker Barrel 11 11:00 Fo Bodyweight Balance & Core 11:00 Thosary 1:30 FC Senior Strong 12:15 FC Chair Volleyball 13:00 Teachers Club	9:30 Craft Time 9:30 PC Hallway Exercise 1st FI South 9:30 FC HUR Fitness ++ 10:00 CR Brain Games (GR) 11:00 FC Beginner Mobility (Flexibility) ++ 1:00 T Rosary 1:30 L Bible Study with Pete 1:30 FC Chair Yoga ++ 3:00 L Bingo 4:15 Resident Led Happy Hour BYOB	9:30 RL Hallway Exercise 1st Fl South 10:00 Blood Pressure Checks by The Key 10:45 R Romeo Lunch at Chedders 11:00 Rosary 1:30 Rosary 1:30 Bodyweight Balance & Core 2:00 Chair Volleyball 3:00 Bingo	9:30 RL Hallway Exercise 1st FI South 9:30 FC HUR Fitness ++ 10:00 CR Color Me Calm 10:30 L Veterans Memorial Table by Pete 11:00 FC Chair Yoga ++ 1:00 T Rosary 1:30 FC Beginner Balance Class ++ 3:00 L Wine Mix & Mingle Sponsored by Avenue 81 w/ Jackie Rylee	1:00 RL Mexican Train Dominoes 2:00 RL Pictionary Game (GR) 5:30 RL Game Night 6:00 RL Group UNO	
10:30 T Church Service with Reverend Dr. Hylton M. Turner (T) † 4:00 RL Card Games (L)	9:30 FC Energizing Yoga 4-19:30 FC Energizing Yoga 4-19:30 RL Hallway Exercise 1st FI South 10:00 CR Coffee/Cocoa & Current Events 11:00 FC Rock n' Band 4-19:11:00 SR Walmart trip cancelled due to holiday 11:00 T Rosary 1:30 FC Pilates Fusion 4-19:300 L Bingo	9:30 RL Hallway Exercise 1st Fl South 10:00 CR Trivia Tuesday 11:00 FC Bodyweight Balance & Core 1-1 1:00 T Rosary 1:30 FC Senior Strong 1-1 2:15 FC Chair Volleyball 1-1	HAPPY MOTHER'S DAY		Line Dance Lessons - Check Saturdays	Watch Battery Replacement - Stay Tuned	