

Spring Calendar

Calendar of *events*

April, May & June



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10am	SilverSneakers Strength & Balance			SilverSneakers Strength & Balance	
11am		Rotating Games			
12pm			Music & Coffee	Cook & Enjoy a Meal Together	
1pm	DIY Craft				Film Society
2pm		SilverSneakers Strength & Balance	Chair Yoga		
3pm					Trivia

Our Clubhouse is now open with a modified Spring calendar. We are following the guidance of the CDC and local government at this time. The clubhouse will limit the number of guests following the *Back On Track Indiana plan* which limits social gatherings to 25 people or fewer with recommended facial coverings. For more info visit backontrack.in.gov

*Schedule subject to change

*SilverSneakers classes are limited.
To reserve a space call in advance.

For your convenience all activities will be held virtually in addition to inside the Clubhouse. For more information on how to participate in-person or virtually please call us 765-464-8080.



Senior Community
WITHOUT WALLS



Activities

April, May & June



SilverSneakers

Strength & Balance

This class is designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power over all. Strength & Balance class is designed for fall prevention and is suitable for nearly every fitness level.

Chair Yoga

Chair Yoga is one of the gentlest forms of yoga available. Participants perform postures and breathing exercises with the aid of a chair.

Members can experience the many benefits of yoga without having to get up or down from the floor.

Benefits include increased balance, strength, range of motion, and stress reduction.

Film Society

Members can enjoy watching screenings of films which would otherwise not be shown in mainstream cinemas while in company of other members!

Refreshments & Popcorn provided.

Cook & Enjoy a Meal Together

The primary focus is to enjoy socialization and define "healthy eating" and to help participants develop their cooking skills. Each week includes approximately an hour of cooking (or a little more) and ends with sharing the meal prepared. During the meal time members discuss key concepts of nutrition, meal prepping, and tips to use in the kitchen.

Music & Coffee

Let's kick the dust off those vinyl records! Bring in your favorite vinyl records & enjoy some freshly brewed coffee, good company and fine tunes.

DIY Craft

You don't need to be an artist to do these simple "Do-It Yourself" pre-planned craft projects. RSVP required. Supply Fee for non-members.

Trivia

Know a lot of little-known facts? Challenge yourself and learn information you did not know before with this fun game!

Rotating Games

Games change weekly. Play games like Wheel of Fortune, Apples to Apples, Fact or Fib, Riddle Me this, etc.