

# The Grand Estates on Greenwood

*Your pastime & wellbeing in mind*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 LIB 10:30 Chill & Chat CR 2pm Church	2 PUB 10:30 Chill & Chat TH 1pm Calamar Foundation CH 4:30 Bible Study PUB 6:30 Bridge	3 PUB 10:30 Vet Brunch PUB 2pm Cards TH 4:10 Movie	4 5:00PM 4th of July Party Potluck	5 PUB 10:30 Chill & Chat TH 2pm Movie PUB 6:30 Hand & Foot	6 CR 9:30 Breakfast BI 1pm Billiards PUB 1pm Cards/ Wii PUB 4pm Happy Hour	7 LIB 10:30 Chill & Chat PUB 2pm Bridge TH 6:30 Movie
8 LIB 10:30 Chill & Chat CR 2pm Church	9 PUB 10:30 Chill & Chat PUB 1p Cards/Wii CH 4:30 Bible Study PUB 6:30 Bridge	10 PUB 10:30 Chill & Chat PUB 2pm Cards TH 4:10 Movie	11 LIB 10:30 Dave & Busters & Prairie fire Museum ★ ↑	12 PUB 10:30 Chill & Chat TH 2pm Movie PUB 6:30 Hand & Foot	13 CR 9:30 Breakfast BI 1pm Billiards PUB 1pm Cards/Wii PUB 4pm Happy Hour	14 LIB 10:30 Chill & Chat PUB 2pm Bridge TH 6:30 Movie
15 LIB 10:30 Chill & Chat CR 2pm Church	16 PUB 10:30 Chill & Chat PUB 1p Cards/Wii CH 4:30 Bible Study PUB 6:30 Bridge	17 PUB 10:30 Chill & Chat PUB 2pm Card Games TH 4:10 Movie	18 CR 10:30 Chill & Chat LIB 11:30Lunch Bunch PUB 2PM Cards BI 2PM Billiards	19 PUB 10:30 Chill & Chat TH 2pm Movie PUB 6:30 Hand & Foot	20 CR 9:30 Breakfast BI 1pm Billiards PUB 1pm Cards/Wii PUB 4pm Happy Hour	22 11:00am Medicare Seminar and Open House
22 LIB 10:30 Chill & Chat CR 2pm Church	23 CR 11:30am Health Food- Lunch Cookoff CH 4:30 Bible Study PUB 6:30 Bridge	24 PUB 10:30 Chill & Chat PUB 2pm Card Games TH 4:10pm Movie	25 CR 10:30 Chill & Chat LIB 11:30Lunch Bunch PUB 2PM Cards BI 2PM Billiards	26 PUB 10:30 Chill & Chat TH 2pm Movie CR 4:00 PotLuck & Entertainment	27 CR 9:30 Breakfast BI 1pm Billiards PUB 1pm Cards/Wii PUB 4pm Happy Hour	28 LIB 10:30 Chill & Chat PUB 2pm Bridge TH 6:30 Movie
29 LIB 10:30 Chill & Chat CR 2pm Church	30 PUB 10:30 Chill & Chat PUB 1p Cards/Wii CH 4:30 Bible Study PUB 6:30 Bridge	31 PUB 10:30 Chill & Chat PUB 2pm Card Games TH 4:10pm Movie				

**Community Key**

- LIB Library
- CR Community Room
- FF Fitness Room
- PUB Pub
- CH Chapel
- SR Serenity Room
- TH Theatre
- BI Billiards
- ★ Outing
- ↑ Sign Up Required

## Activity Calendar



# The Grand Estates on Greenwood

## Connect55+ Lifestyle Classes



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>LIB</b> 10 Walking Club</p> <p><b>EDU</b> 1PM Tech Time</p> <p><b>TH</b> 2:30 Stretching</p>	<p><b>SR</b> 10:45 Breathing &amp; Relaxation</p> <p><b>CR</b> 4pm Strength &amp; Balance</p>	<p><b>LIB</b> 10 Walking Club</p> <p><b>TH</b> 10:30 Tai Chi</p> <p><b>TH</b> 1:30 Stretching</p>	<p><b>FF</b> 10 ISO Resistance</p> <p><b>SR</b> 10:45 Breathing &amp; Relaxation</p>	<p><b>LIB</b> 10:45 Walking Club</p> <p><b>CR</b> 2:30pm Chair Yoga</p>
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### Class Descriptions

**Walking Club**

Walking club encourages residents to begin walking or to increase their current amount of physical activity by making it fun and rewarding. Walking is a great form of exercise and you can fit it in whenever and wherever it works! Remember, small steps make a big difference!

**Strength & Balance**

This class is designed to help make everyday activities easier by increasing your *balance* and *strength* with both traditional and functional exercises that anyone can do!

**Tai Chi**

This class is a Chinese form of martial arts that involves slow, controlled and low-impact movements to help strengthen muscles, increase flexibility and get a gentle aerobic exercise.

**Tech Time**

Trying to stay up to date with today's smart phones? Or maybe you have a question over your personal computer? This is the time to ask these questions! So bring your questions and let the younger generation figure these techy gadgets out!

**ISO Resistance**

This is a fun but moderately difficult class. Resistance training is not only good for your bone health, but also

**Chair Yoga**

Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance.

**Breathing & Relaxation**

Believe it or not there is a correct way to breath. This class will help you learn the steps to correct breathing styles. Taking this class may have an affect upon lowering blood pressure, stress relief and also decrease the signs of COPD.

*\*Classes are designed for all fitness levels. Please contact your physician before beginning any physical activity and also have Physical Activity Waiver filled out and signed before any activity.*

*The schedule listed above is the scheduled weekly classes, the listed classes are subject to change due to instructor cancellations.*

*Classes listed are for the residents of The Grand Estates on Greenwood, no guest are allowed to participate.*