



The Grand Estates on Greenwood

Your pastime & wellbeing in mind

June

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						CR 9:30 Breakfast 1 BI 1pm Billiards PUB 1pm Cards CR 1pm Wii Games PUB 4pm Social Hour	2 LIB 10:30 Chill & Chat PUB 2pm Bridge TH 6:30 Movie
3	4	5	6	7	8	9	10
LIB 10:30 Chill & Chat CR 2pm Church	PUB 10:30 Chat TH 1pm Will 2 Walk CH 4:30 Bible Study PUB 6:30 Bridge	PUB 10:30 Chat CR 1pm Wii Games PUB 2pm Card Games	PUB 10:30 Chat LIB 11:30Lunch Bunch PUB 2PM Cards BI 2PM Billiards	PUB 10:30 Chat TH 2pm Movie PUB 6:30 Cards	CR 9:30 Breakfast 8 BI 1pm Billiards PUB 1pm Cards CR 1pm Wii Games PUB 4pm Social Hour	LIB 10:30 Chill & Chat PUB 2pm Bridge TH 6:30 Movie	LIB 10:30 Chill & Chat CR 2pm Church
11	12	13	14	15	16	17	18
LIB 10:30 Chill & Chat CR 2pm Church	PUB 10:30 Chat TH 1pm Will 2 Walk CH 4:30 Bible Study PUB 6:30 Bridge	PUB 10:30 Chat CR 1pm Wii Games PUB 2pm Card Games	PUB 10:30 Chat LIB 11:30LunchBunch PUB 2PM Cards BI 2PM Billiards	PUB 10:30 Chat TH 2pm Movie PUB 6:30 Cards	CR 9:30 Breakfast 15 BI 1pm Billiards PUB 1pm Cards CR 1pm Wii Games PUB 4pm Social Hour	LIB 10:30 Chill & Chat PUB 2pm Bridge TH 6:30 Movie	LIB 10:30 Chill & Chat CR 2pm Church
19	20	21	22	23	24	25	26
LIB 10:30 Chill & Chat CR 2pm Church	PUB 10:30 Chat TH 1pm Will 2 Walk CH 4:30 Bible Study PUB 6:30 Bridge	PUB 10:30 Chat CR 1pm Wii Games PUB 2pm Card Games	PUB 10:30 Chat LIB 11:30Lunch Bunch PUB 2PM Cards BI 2PM Billiards	PUB 10:30 Chat TH 2pm Movie PUB 6:30 Cards	CR Breakfast 22 BI 1pm Billiards PUB 1pm Cards CR 1pm Wii Games PUB 4pm BBQ Entertainment	LIB 10:30 Chill & Chat PUB 2pm Bridge TH 6:30 Movie	LIB 10:30 Chill & Chat CR 2pm Church
27	28	29	30				
LIB 10:30 Chill & Chat CR 2pm Church	PUB 10:30 Chat TH 1pm Will 2 Walk CH 4:30 Bible Study PUB 6:30 Bridge	PUB 10:30 Chat CR 1pm Wii Games PUB 2pm Card Games	PUB 10:30 Chat LIB 11:30Lunch Bunch PUB 2PM Cards BI 2PM Billiards	LIB 9:30am Prairie Band Casino ★ ↑	CR 9:30 Breakfast29 BI 1pm Billiards PUB 1pm Cards CR 1pm Wii Games PUB 4pm Social Hour	LIB 10:30 Chill & Chat PUB 2pm Bridge TH 6:30 Movie	LIB 10:30 Chill & Chat CR 2pm Church

Activity Calendar

The Grand Estates on Greenwood

June 2018

Well-Being Classes

Monday

Tuesday

Wednesday

Thursday

Friday

<p>LIB 10 Walking Club TH 1PM Will 2 Walk TH 2:30 Stretching</p>	<p>SR 10:45 Breathing & Relaxation CR 4pm Strength & Balance</p>	<p>LIB 10 Walking Club TH 10:30 Tai Chi TH 1:30 Stretching</p>	<p>FF 10 ISO Resistance SR 10:45 Breathing & Relaxation</p>	<p>LIB 10:45 Walking Club CR 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.

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.