

# OCTOBER 2019

# Wellness Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>If you would like 1:1 time for stretching, working with weights, and/or equipment, please see Wellness Coordinator Laura Burmeister</i></p>	<p>SEPTEMBER 30</p> <p>8:30 Rise and Shine 10:45 Scavenger Hunt Starts 11:00 Walker Line Dancing 1:00 Reiki Energy Seminar 3:00 Games w/Special Guest 6:00 Bocce Ball League</p>	<p>1</p> <p>11:00 Strength Training 12:30 AAW OUTING TO TOPGOLF 3:00-4:30 Chair Massage 5:00 Resident Potluck <small>in the Pub</small> 6:30 Shuffleboard League</p>	<p>2</p> <p>*NO SWIM THERAPY TODAY 9:00 AAW OUTING TO DOW GARDENS CANOPY WALK 11:00 Cardio Combo w/Donna 11:45-12:00 Meditation w/Donna 3:00 Mystery Activity w/Liz 6:30 Putting League</p>	<p>3</p> <p>11:00 Strength Training 11:00 AAW OUTING TO HORSEBACK RIDING 1:00 Aging Brain Health Seminar w/Kristie Back Rehab Director 3:00 Walker Line Dancing</p>	<p>4</p> <p>9:30 Scavenger Hunt Ends 11:00 Nutrition for Strength &amp; Energy Taste Test w/Gloria from Harmony Healing 1:30 Chef Demo</p>	<p>Each October we celebrate Active Aging Week! (AAW) Join us as we have guest speakers, a guest instructor, fun outings, and awesome games, just to name a few. Active Aging Week is a national campaign that Canterbury on-the-Lake participates in each year. It's a great way to try something new and different to you! Can't wait to see you at the events.</p>
<p>6</p> <p><i>**All classes held in the Wellness Center located in the lower level of the community center unless otherwise noted.</i></p>	<p>7</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Core &amp; Balance 2pm Virtual Bowling League 6:00 Bocce Ball League</p>	<p>8</p> <p>11:00 Balance &amp; Stretch 1:00 Line Dancing 2:30 Walking Club 6:30 Shuffleboard League</p>	<p>9</p> <p>8:45 Swim Therapy at WMHS 11:00 Cardio Combo 11:45-12:00 Meditation 2:30 Orientation on Fitness Machines 6:30 Putting League</p>	<p>10</p> <p>11:00 CARDIO DRUMMING 2:30 Walking Club 3:30 Puzzles on Patio 6:00 Line Dancing</p>	<p>11</p> <p>11:00 Muscles in Motion</p>	
<p>13</p> <p><b>Live and Thrive with Exercise!</b></p>	<p>14</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Core &amp; Balance 2pm Virtual Bowling League 6:30 Ball Toss</p>	<p>15</p> <p>11:00 Balance &amp; Stretch 1:00 Line Dancing 2:30 Walking Club 6:00 Table games in St. George's 6:30 Virtual Bowling</p>	<p>16</p> <p>8:45 Swim Therapy at WMHS 11:00 Cardio Combo 11:45-12:00 Meditation 6:30 Bean Bag Toss</p>	<p>17</p> <p>11:00 CARDIO DRUMMING 2:30 Walking Club 6:00 Line Dancing</p>	<p>18</p> <p>11:00 Muscles in Motion</p>	
<p>20</p> <p><b>**PLEASE NOTE** Walking Club Meets in the Wellness Center</b></p>	<p>21</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Core &amp; Balance 2pm Virtual Bowling League 6:30 Ball Toss</p>	<p>22</p> <p>11:00 Balance &amp; Stretch 1:00 Line Dancing 2:30 Walking Club 6:00 Fine Lines &amp; Wine in St. George's Room 6:30 Virtual Bowling</p>	<p>23</p> <p>8:45 Swim Therapy at WMHS 11:00 Cardio Combo 11:45-12:00 Meditation 6:30 Bean Bag Toss</p>	<p>24</p> <p>11:00 CARDIO DRUMMING 2:30 Walking Club 6:00 Line Dancing</p>	<p>25</p> <p>11:00 Muscles in Motion</p>	
<p>27</p>	<p>28</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Core &amp; Balance 2pm Virtual Bowling League 6:30 Ball Toss</p>	<p>29</p> <p>11:00 Balance &amp; Stretch 1:00 Line Dancing 2:30 Walking Club 6:00 Table games in St. George's 6:30 Virtual Bowling</p>	<p>30</p> <p>8:45 Swim Therapy at WMHS 11:00 Cardio Combo 11:45-12:00 Meditation 6:30 Bean Bag Toss</p>	<p>31</p> <p>HAPPY HALLOWEEN 10:30-11:30 TRICK-OR-TREAT NO EXERCISE CLASSES THIS MORNING 2:00 MONSTER MASH WORKOUT 2:30 Walking Club 6:00 Line Dancing</p>		



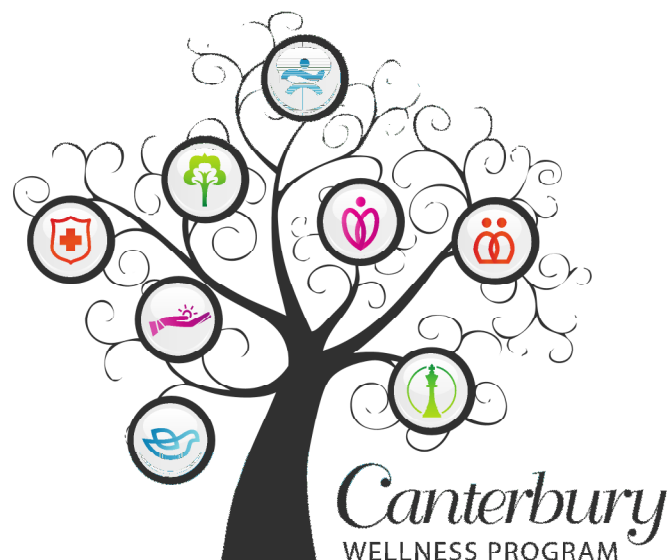


In October, we will be ending our Summer League play of Bocce Ball, Shuffleboard, and Putting League.

Thank you to all who participated. We got off to a rainy start, but overall the summer weather was great (expect those Bocce Ball days).

Please keep your eye out for an invite to our Summer Sports Banquet if you participated in these leagues. It will be off-campus for a fun evening celebrating our athletes.

In good health,  
Laura Burmeister  
Wellness Coordinator



## Wellness Activity Calendar

**Live well. Be well. With Canterbury.**

Stay up-to-date on the available classes and events each month. Participate in as many as you'd like. And keep track of all of your activities with our Wellness Player's Club Monthly Activity Tracker.

