

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2016

Greenwood Village South Independent Living

<p>10:00 Cranium Cruncher Puzzles-Front Desk 11:00 Catholic Communion NW Lounge COMMUNION SUNDAY 3:30 Vespers-MR Rev. Robert Amon Southport Presbyterian Church 6:30 Movie Night -MR "Yankee Doodle Dandy" 1942 NR 126 min.</p>	<p>3</p>	<p>MASSAGE THERAPY 4 1:00 Arms Full of Stitches-2 SE 6:30 Euchre-CR 6:30 Pool-3rd Fl. Center</p> <p style="text-align: center; font-size: small;">Independence Day</p>	<p>4</p>	<p>BUS DAY 5 9:00 Daily Devotions-Chapel 1:00 Bridge-CR 6:30 Entertainment-MR Scott Strange</p>	<p>5</p>	<p>9:00 Daily Devotions-Chapel 9:30 Active Adventure Crown Hill Lunch -Bearcats 1:30 Movie Replay - Channel 91 2:00 Hearing Service-CR 5:00, 5:30-Birthday Dinner-ML, MR 6:30 Pinochle-CR 6:30 Pool-3rd Fl. Center</p>	<p>6</p>	<p>9:00 Daily Devotions-Chapel 1:00 Art Group-AC 2:00 Bible Study-MR 2:00 Book Club-CR 3:30 Meet & Greet New Residential Health Director-ML 6:30 Garfield Park Summer Concert Indianapolis Brass Choir 6:30 Bingo-MR</p>	<p>7</p>	<p>BUS DAY 8 9:00 Daily Devotions-Chapel 1:45 Anatomy-Female Reproductive System-MR 3:00 CHEERS!!-Bistro 6:45 Musical Recordings 2nd Floor Music Lounge</p> <p style="text-align: center; font-size: x-small;">Canada Day</p>	<p>8</p>	<p>6:15 SOTP Star Spangled Symphony 2 6:30 Movie Night - MR "Yankee Doodle Dandy" 1942 NR 126 min.</p>
<p>10:00 Cranium Cruncher Puzzles-Front Desk 11:00 Catholic Communion NW Lounge 3:30 Vespers-MR Rev. Steve Agal Grace Evangelical Church (SPECIAL MUSIC - Flutist) 6:30 Movie Night with Captions-MR "The Last Man on the Moon" 2016 NR 96 min.</p>	<p>10</p>	<p>MASSAGE THERAPY 11 9:00 Daily Devotions-Chapel 12:00 Shuffleboard Luncheon 1:00 Arms Full of Stitches-2 SE 1:30 Bible Study Lecture-MR 3:30 Choral Belles-ML 6:30 Euchre-CR 6:30 Pool-3rd Fl. Center</p>	<p>11</p>	<p>BUS DAY 12 9:00 Daily Devotions-Chapel 1:00 Bridge-CR 2:00 Wellness Ed-MR Resources to Help You Remain in Your IL Apartment 6:30 Entertainment-MR Tom Wright</p>	<p>12</p>	<p>9:00 Daily Devotions-Chapel 9:30 Resident Council Meeting-MR 11:30 Mrs. Curl's Walk-ML 1:30 Movie Replay - Channel 91 2:00 GVS Chorus Rehearsal-MR 6:30 Pinochle-CR 6:30 Pool-3rd Fl. Center</p>	<p>13</p>	<p>9:00 Daily Devotions-Chapel 1:00 Art Group-AC 2:00 Scrabble-1st Fl. NW Lounge 3:00 Bereavement Support-CR 6:30 Garfield Park Summer Concert Indianapolis Municipal Band 6:30 Bingo-MR</p>	<p>14</p>	<p>BUS DAY 15 9:00 Daily Devotions-Chapel 10:30 Flea Market 3:00 CHEERS!!-Bistro 6:45 Musical Recordings 2nd Floor Music Lounge</p> <p style="text-align: center; font-weight: bold; color: red;">FLEA MARKET</p>	<p>15</p>	<p>9:00 Shuffleboard-WC 6:30 Movie Night - MR "Foul Play" 1978 PG 116 min.</p>
<p>10:00 Cranium Cruncher Puzzles-Front Desk 11:00 Catholic Communion NW Lounge 3:30 Vespers-MR Rev. Bill Bass Christian Church 6:30 Movie Night -MR "Foul Play" 1978 PG 116 min.</p>	<p>17</p>	<p>MASSAGE THERAPY 18 9:00 Daily Devotions-Chapel 9:30 ISM - 200 Years of Indiana Art A Cultural Legacy 9:30 Big Bag Sale-Flea Market 1:00 Arms Full of Stitches-2 SE 1:30 Bible Study Lecture-MR 6:30 Euchre-CR 6:30 Pool-3rd Fl. Center</p> <p style="text-align: center; font-weight: bold; color: red;">\$1 BIG BAG SALE</p>	<p>18</p>	<p>BUS DAY 19 9:00 Daily Devotions-Chapel 1:00 Bridge-CR 6:30 Entertainment-MR Jim VanSlambrook as SlammerJazz</p>	<p>19</p>	<p>9:00 Daily Devotions-Chapel 1:30 Movie Replay - Channel 91 1:30 Alzheimer's Support Group 2nd Fl. Dining 2:00 Hearing Service-CR 3:00 Spiritual Wellness Committee-SDR 6:30 Pinochle-CR 6:30 Pool-3rd Fl. Center</p>	<p>20</p>	<p>9:00 Daily Devotions-Chapel 9:30 Coffee Talk-CR 1:00 Art Group-AC 2:00 Bible Study-MR 6:30 Garfield Park Summer Concert Greater Greenwood Comm. Band 6:30 Bingo-MR</p>	<p>21</p>	<p>BUS DAY 22 9:00 Daily Devotions-Chapel 1:30 Corn Toss Tournament Employees vs. Residents-MR 3:00 CHEERS!!-Bistro 6:15 Indians vs. Charlotte Knights 6:45 Musical Recordings 2nd Floor Music Lounge</p>	<p>22</p>	<p>9:00 Shuffleboard-WC 6:30 Movie Night - MR "The Lady in the Van" 2015 PG-13 104 min.</p>
<p>10:00 Cranium Cruncher Puzzles-Front Desk 11:00 Catholic Communion NW Lounge 3:30 Vespers-MR Rev. Paul Burton Christ Fellowship Church (SPECIAL MUSIC - GVS Chorus) 6:30 Movie Night with Captions-MR "The Lady in the Van" 2015 PG-13 104 min.</p>	<p>24</p>	<p>MASSAGE THERAPY 25 9:00 Daily Devotions-Chapel 1:00 Arms Full of Stitches-2 SE 1:30 Bible Study Lecture-MR 6:30 Euchre-CR 6:30 Pool-3rd Fl. Center</p>	<p>25</p>	<p>BUS DAY 26 9:00 Daily Devotions-Chapel 1:00 Bridge-CR 3:00 Hymn Sing-MR 6:30 Entertainment-MR The Marshall's</p>	<p>26</p>	<p>9:00 Daily Devotions-Chapel 1:30 Movie Replay - Channel 91 1:30 Dialog with Dining-C 2:00 GVS Chorus Rehearsal-MR 5:00 Diner's Club Kopper Kettle 6:30 Pinochle-CR 6:30 Pool-3rd Fl. Center</p>	<p>27</p>	<p>9:00 Daily Devotions-Chapel 12:30 Cottage Reception-CR 1:00 Cottage Luncheon-MR 1:00 Art Group-AC 2:00 Scrabble-1st Fl. NW Lounge 2:00 Inside the Lines - AC 4:00 Vino Villa Trip 6:30 Bingo-MR</p>	<p>28</p>	<p>BUS DAY 29 8:45 Indianapolis Motor Speedway Tour 9:00 Daily Devotions-Chapel 1:30 Mrs. Curl's Truck 3:00 CHEERS!!-Bistro 6:45 Musical Recordings 2nd Floor Music Lounge</p>	<p>29</p>	<p>9:00 Shuffleboard-WC 6:30 Movie Night - MR "Love Finds You in Valentine" 2016 NR 87 min.</p>
<p>10:00 Cranium Cruncher Puzzles-Front Desk 11:00 Catholic Communion NW Lounge 3:30 Vespers-MR Rev. Steve Agal Grace Evangelical Church 6:30 Movie Night with Captions-MR "Love Finds You in Valentine" 2016 NR 87 min.</p>	<p>31</p>											

AC Arts & Crafts Room ML Main Lobby SS Splinter Shop
 CR Card Room MR Meeting Room WC Wellness Center
 DR Dining Room SDR Special Dining Room

ARMS will be picked up 15 minutes prior to time shown on Calendar. Red = Activities Green = Trips

JULY 2016 WELLNESS CALENDAR

Mon	Tue	Wed	Thu	Fri
				1 9:00 Walking Group 10:00 Balance Class 10:35 Chair Class 1:00 Corn Toss
 No Classes	5 9:00 Yoga (MR) 10:00 Balance Class 10:35 Strength Class	6 9:30 Active Adventure 10:00 Balance Class 10:35 Resistance Class 1:00 Corn Toss	7 10:00 Balance Class 10:35 Strength Class	8 9:00 Walking Group 10:00 Balance Class 10:35 Chair Class 1:00 Corn Toss
11 9:00 Walking Group 10:00 Balance Class 10:35 Chair Class	12 9:00 Yoga (MR) 10:00 Balance Class 10:35 Strength Class	13 9:00 Walking Group 10:00 Balance Class 10:35 Resistance Class 11 Walk to Mrs. Curls 1:00 Corn Toss	14 10:00 Balance Class 10:35 Strength Class	15 9:00 Walking Group 10:00 Balance Class 10:35 Chair Class 1:00 Corn Toss
18 9:00 Walking Group 10:00 Balance Class 10:35 Chair Class	19 9:00 Yoga (MR) 10:00 Balance Class 10:35 Strength Class	20 9:00 Walking Group 10:00 Balance Class 10:35 Resistance Class 1:00 Corn Toss 1:00 Wii game (MR)	21 9:30 Wellness Coffee Talk (CR) 10:00 Balance Class 10:35 Strength Class	22 9:00 Walking Group 10:00 Balance Class 10:35 Chair Class 1:30 CornToss Tournament (MR)
25 9:00 Walking Group 10:00 Balance Class 10:35 Chair Class	26 9:00 Yoga (MR) 10:00 Balance Class 10:35 Strength Class	27 9:00 Walking Group 10:00 Balance Class 10:35 Resistance Class 1:00 Corn Toss	28 10:00 Balance Class 10:35 Strength Class	29 9:00 Walking Group 10:00 Balance Class 10:35 Chair Class 1:00 Corn Toss

Quick Info

Exercise Prescription

Exercise prescriptions provide a time when you can work with the staff to develop an exercise program that is tailored to your needs and goals.

Senior Fitness Testing

Fitness testing is an appointment to evaluate your level of cardiovascular endurance, muscular strength and endurance, flexibility, and balance.

Balance Testing

Balance testing is an appointment that maybe included with the Senior Fitness Assessment which is used to evaluate all aspects of your functional balance.

Wellness Center Orientation

Come in for an orientation and introduction to all of the services we offer here in the GVS Wellness Center.

Blood Pressure Screening

Come in any time and have your blood pressure checked by our NIFS staff.

Questions?

Contact **Codie Monhollen, Manager**
Phone: 317-865-4691
Fax: 317-881-1299
Email: cmonhollen@nifs.org

In order to participate in group fitness classes and appointments you must be a member of the GVS Wellness Center.