



September

Spiritual

Weekday Mass: 11:00 AM

Weekend Masses: Sat 4:00PM, Sun 9:30AM

Group A: Floors 1, 2, 3 & 4

Group B: Floors 5, 6 & 7

Group C: Floors 8, 9 & 10

Adoration & Benediction: First Friday of every month immediately following Mass

Confession: Call x3714 for an appointment

Divine Mercy Devotions: Fridays 3:30PM

Our Lady of Perpetual Help Devotions: Mondays immediately following Mass

Weekday Rosary: 2:00 PM

Worship in the Protestant Tradition: Mondays 3:00PM

Revitalize Wellness

Open Office Hours

Tuesday: 1:00 - 3:00PM

Thursday: 9:30 - 11:00AM

Friday: 12:00 - 2:00PM

Location

First Floor, Apartment #101

Wellness Nurse Hours

Monday - Friday: 8:00AM - 3:30PM

Call x4681 for assistance

Fitness Classes

Chair Fitness Video: 9:00AM Mon, Tue, Wed, every other Thu, & Fri

Steady Steps: 9:00AM & 10:15AM Mondays, Wednesdays & Fridays

1:00PM Tuesdays & Thursdays

Stretch & Flex: 9:00AM Tuesdays & 9:00 or 9:45AM Thursdays

YouTube Yoga with Emily: 10:15AM Tuesdays, & every other Thursday

Open Gym: 8:15-9:30AM Tuesdays & Thursdays

2:00PM Monday, Tuesday, Thursday & Friday

Call x 4547 for individual training or assistance

Hi Friends!

As you can see, we are back to our monthly calendar! I want to point out a few new things.

* The Fitness Classes have been moved to the back page. Because of the feedback we received from you on the survey, we've added more times and now are excited to bring back a yoga class starting on Tuesday, September 1! Please also note that on every other Thursday, there will be a time change for Stretch & Flex.

*Due to the high demand of Tuesday's Operational Update and the newly added Construction Update on Thursdays, these sessions will be offered TWICE in person. We are also looking into Zooming these meetings so if you have a computer, laptop, smartphone or tablet, you can join them virtually from your apartment; more on that to come soon!

*We will be following the new Mass Participation Schedule this month which allows more floors to attend a service at one time. This format gives you the opportunity to attend Mass at least twice and sometimes three times a week.

* You will notice after some class titles (see September 8 for example), there is a (V). This denotes that the instructor will be Virtual, appearing on the big screen in the O'Donnell Room. For virtual presenters, you have the option of either attending the session in the O'Donnell Room or participating from your apartment, if you have the appropriate technology.

*You may now make your own reservations for the Family Room (formerly the Private Dining Room) and the Chat Room (formerly the Game Room). The binders will be on the table outside the O'Donnell Room. Just a reminder that while both rooms allow a maximum of 4 people total, the Family Room is open to visitors but the Chat Room is for residents only.

* The Sign-Up Binder will remain on the table outside of the O'Donnell Room. Weekly sign-ups for all classes and activities will still occur, with the opening of the binder at 8 AM on the Thursday morning prior to the start of the week. (For example, to sign up for classes or activities the week of August 30—September 5, the binder will be available at 8 AM on Thursday, August 27).

* We will also be returning to our weekly What's Happening flyer that will be distributed on Wednesdays. This will notify you of any additions, cancellations or changes in the following week's schedule.

OK—That's a lot of information! Please ask any one of us questions or for help as we "tweak" things again. As I have said before, **thank you** for your input, patience and flexibility as we navigate our way through this time. Please know we are listening to you and making adjustments where we can - adding more fitness classes, more Mass opportunities, better access to high demand sessions and hosting virtual presenters. Please keep filling my ears with movie suggestions, speaker suggestions and anything else to make your calendar what you want!





September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 9:30 Mass (4th Floor) 10:15 - 11:30 Door to Door Communion 2:00 Movie	31 10:00 Mental Gymnastics - MR 11:00 Mass - Group A (Floors 1, 2, 3 & 4) 1:00 Boost Your Brain - ED 1:00 Mental Gymnastics - MR 3:00 Worship in the Protestant Tradition	1 10:00 Meditation - ED 11:00 Mass - Group B (Floors 5, 6 & 7) 1:00 TED Talk - ED 2:30 Operational Update - OD 3:10 Operational Update - OD	2 10:00 Lit Talk - OD 11:00 Mass - Group C (Floors 8, 9 & 10) 1:00 BINGO - OD 2:30 Wacky Wednesday	3 10:00 Bible Study - ED 11:00 Mass - Group A (Floors 1, 2, 3 & 4) 1:00 News & Reviews - ED 2:00 Throwback Thursday Movie	4 10:00 Biblical Analysis - MR 11:00 Mass - Group B (Floors 5, 6 & 7) 1:00 Writing Group - OD 2:30 Virtual Tour 3:30 Divine Mercy Devotions - CH	5 1:00 Movie 4:00 Mass - Group C (Floors 8, 9 & 10)
6 9:30 Mass - Group A (Floors 1, 2, 3 & 4) 10:15 - 11:30 Door to Door Communion 2:00 Movie	7 LABOR DAY (No mail today) 10:00 Mental Gymnastics - MR 11:00 Mass - Group C (Floors 8, 9 & 10) 1:00 Boost Your Brain - ED 1:00 Mental Gymnastics - MR 3:00 Worship in the Protestant Tradition	8 11:00 Mass - Group A (Floors 1, 2, 3 & 4) 1:00 Creative Class—Sunflower Door Décor (V) 2:30 Operational Update - OD 3:10 Operational Update - OD	9 10:00 Lit Talk - OD 11:00 Mass - Group B (Floors 5, 6 & 7) 1:00 BINGO - OD 2:30 Wacky Wednesday	10 9:30 Construction Update - OD 10:00 Bible Study - ED 10:10 Construction Update - OD 11:00 Mass - Group C (Floors 8, 9 & 10) 1:00 News & Reviews - ED 1:30 Hearing Aid Checks - Wellness Office 2:00 Throwback Thursday Movie	11 10:00 Biblical Analysis - MR 11:00 Mass - Group A (Floors 1, 2, 3 & 4) 2:00 Virtual Tour 3:30 Divine Mercy Devotions - CH	12 1:00 Movie 4:00 Mass - Group B (Floors 5, 6 & 7)
13 9:30 Mass - Group C (Floors 8, 9 & 10) 10:15 - 11:30 Door to Door Communion 2:00 Movie	14 10:00 Mental Gymnastics - MR 11:00 Mass - Group B (Floors 5, 6 & 7) 1:00 Boost Your Brain - ED 1:00 Mental Gymnastics - MR 2:00 Mummies—MKE Public Museum (V) 3:00 Worship in the Protestant Tradition	15 11:00 Mass - Group C (Floors 8, 9 & 10) 1:00 TED Talk - ED 2:30 Operational Update - OD 3:10 Operational Update - OD	16 10:00 Lit Talk - OD 11:00 Mass - Group A (Floors 1, 2, 3 & 4) 1:00 BINGO - OD 2:30 Wacky Wednesday	17 10:00 Bible Study - ED 11:00 Mass - Group B (Floors 5, 6 & 7) 1:00 Snack & Learn with Lee - OD 1:00 News & Reviews - ED 2:00 Throwback Thursday Movie	18 10:00 Biblical Analysis - MR 11:00 Mass - Group C (Floors 8, 9 & 10) 1:00 Writing Group - OD 2:30 Virtual Tour 3:30 Divine Mercy Devotions - CH	19 1:00 Movie 4:00 Mass - Group A (Floors 1, 2, 3 & 4)
20 FALLS PREVENTION WEEK 9:30 Mass - Group B (Floors 5, 6 & 7) 10:15 - 11:30 Door to Door Communion 2:00 Movie	21 10:00 Mental Gymnastics - MR 11:00 Mass - Group A (Floors 1, 2, 3 & 4) 1:00 Boost Your Brain - ED 1:00 Mental Gymnastics - MR 3:00 Worship in the Protestant Tradition	22 11:00 Mass - Group B (Floors 5,6 & 7) 1:00 Healthy Chat with Amy Tezak- OD 2:30 Operational Update - OD 3:10 Operational Update - OD	23 10:00 Lit Talk - OD 11:00 Mass - Group C (Floors 8, 9 & 10) 1:00 BINGO - OD 2:30 Wacky Wednesday	24 9:30 Construction Update - OD 10:00 Bible Study - ED 10:10 Construction Update - OD 11:00 Mass - Group A (Floors 1, 2, 3 & 4) 1:00 News & Reviews - ED 2:00 Throwback Thursday Movie	25 9:30 Vision Connections - ED 10:00 Biblical Analysis - MR 11:00 Mass - Group B (Floors 5, 6 & 7) 12:30 Stepping Up - ED 2:00 Virtual Tour 3:30 Divine Mercy Devotions - CH	26 1:00 Movie 4:00 Mass - Group C (Floors 8, 9, & 10)
27 9:30 Mass - Group A (Floors 1, 2, 3 & 4) 10:15 - 11:30 Door to Door Communion 2:00 Movie	28 10:00 Mental Gymnastics - MR 11:00 Mass - Group C (Floors 8, 9 & 10) 1:00 Boost Your Brain - ED 1:00 Mental Gymnastics - MR 2:30 Book Club (V) 3:00 Worship in the Protestant Tradition	29 10:00 Howdy Neighbor - ED 11:00 Mass - Group A (Floors 1, 2, 3 & 4) 1:00 TED Talk - ED 2:30 Operational Update - OD 3:10 Operational Update - OD	30 10:00 Lit Talk - OD 11:00 Mass - Group B (Floors 5, 6 & 7) 1:00 BINGO - OD 2:30 Wacky Wednesday			