

| SUN | MON | TUE | WED | THUR | FRI | SAT | | |
|--|--|--|--|---|--|--|----------|----------|
| ROOM KEY CH - Chapel | | | | 9:15 Beginner Balance (Channel 1960) 10:00 Men's Coffee Group (Courtyard/Pub/Library/Gathering Room) 1:00 Handwriting (Art/Creativity Room 2nd-Floor) 1:30 Community Update With Courtney (Channel 1960) 2:00 Advanced Balance (Channel 1960) 4:00 Tai Chi Easy (Channel 1960) | 1 | 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 3:00 Boo's & Brews Happy Hour (Delivered To Your Open Door) | 2 | 3 |
| 9:30 Sunday Morning Worship (Channel 1960) 4 | 9:15 Power Pump (Channel 1960) 10:00 Flow Fit (Channel 1960) 1:00 Lifelong Learning-How to Listen to Jazz (CH) 3:00 Fun With Music (Channel 1960) 3:30 Pumpkin Decorating Ideas (Art/Creativity Room 2nd-Floor) 4:00 Chair Yoga (Channel 1960) 5 | 9:15 Beginner Balance (Channel 1960) 10:00 Women's Coffee Group (Courtyard/Pub/Library/Gathering Room) 1:00 Brain Fitness (Chapel & Channel 1960) 2:00 Advanced Balance (Channel 1960) 3:00 Fun With Music (Channel 1960) 4:00 Tai Chi Easy (Channel 1960) 6 | 9:15 Power Pump (Channel 1960) 10:00 Cardio Kickboxing (Channel 1960) 1:30 Museum of World Treasure Virtual Presentation: "Conquistadors on The Plains" (CH) 3:00 Chapel Service (Channel 1960) 3:30 Fun With Music (Channel 1960) 4:00 Chair Yoga (Channel 1960) 7 | 9:15 Beginner Balance (Channel 1960) 12:00 Men's Lunch: Pizza & Beer (Courtyard/Pub/Library/Gathering Room) 1:00 Writing Group: Journaling Gratitude (Chapel & Channel 1960) 1:30 Community Update With Courtney (Channel 1960) 2:00 Advanced Balance (Channel 1960) 4:00 Tai Chi Easy (Channel 1960) 4:00 Alzheimer's Support Group (Virtual Call) 8 | 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 10:00 Dance Fitness (Channel 1960) 2:00 Movie & Popcorn!! Featuring: "On The Basis of Sex" (Channel 1960) 9 | 7:00 Podiatrist Visit (CH) 10 | | |
| 9:30 Sunday Morning Worship (Channel 1960) 11 | Columbus Day 9:15 Power Pump-Video (Channel 1960) 10:15 Sit & Fit-Video (Channel 1960) 1:00 Nutrition Talk By Ann Hunter (Channel 1960) 3:00 Fun With Music (Channel 1960) 12 | 9:15 Beginner Balance Video (Channel 1960) 10:00 Women's Coffee Group (Courtyard/Pub/Library/Gathering Room) 2:00 Advanced Balance-Video (Channel 1960) 3:00 Fun With Music (Channel 1960) 13 | 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 1:00 Manor Mayhem (Channel 1960) 2:00 Joy Ride!! (Wichita Area) 3:00 Chapel Service (Channel 1960) 3:30 Fun With Music (Channel 1960) 4:00 Chair Yoga (Channel 1960) 14 | 9:15 Beginner Balance (Channel 1960) 10:00 Men's Coffee Group (Courtyard/Pub/Library/Gathering Room) 1:00 Handwriting (Art/Creativity Room 2nd-Floor) 1:30 Community Update With Courtney (Channel 1960) 2:00 Advanced Balance (Channel 1960) 2:00 Traveling Birthday Party Cart (Delivered To Your Open Door) 4:00 Tai Chi Easy (Channel 1960) 15 | 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 6:00 Oktoberfest (Bistro, Landing) 16 | 17 | | |
| 9:30 Sunday Morning Worship (Channel 1960) 18 | 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 1:00 Getting to know you!! (Channel 1960) 3:00 Fun With Music (Channel 1960) 4:00 Chair Yoga (Channel 1960) 19 | 9:15 Beginner Balance (Channel 1960) 10:00 Women's Coffee Group (Courtyard/Pub/Library/Gathering Room) 1:00 Brain Fitness (Art/Creativity Room 2nd-Floor) 2:00 Advanced Balance (Channel 1960) 2:00 Pumpkin Decorating!! (Art/Creativity Room 2nd-Floor) 3:00 Fun With Music (Channel 1960) 4:00 Tai Chi Easy (Channel 1960) 20 | 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 2:00 DIY Face Mask (Art/Creativity Room 2nd-Floor) 3:00 Chapel Service (Channel 1960) 3:30 Fun With Music (Channel 1960) 4:00 Chair Yoga (Channel 1960) 21 | 9:15 Beginner Balance (Channel 1960) 10:00 Men's Coffee Group (Courtyard/Pub/Library/Gathering Room) 1:00 Writing Group (Art/Creativity Room 2nd-Floor) 1:30 Community Update With Courtney (Channel 1960) 2:00 Advanced Balance (Channel 1960) 4:00 Tai Chi Easy (Channel 1960) 22 | 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 10:30 Bookmarks Book Club Meeting: The Good Earth (Pub) 2:00 Movie & Popcorn!! Featuring: "Yesterday" (Channel 1960) 23 | 24 | | |
| 9:30 Sunday Morning Worship (Channel 1960) 25 | 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 2:00 Educational Session: Lung Health (Channel 1960) 3:00 Fun With Music (Channel 1960) 4:00 Chair Yoga (Channel 1960) 26 | 9:15 Beginner Balance (Channel 1960) 10:00 Women's Coffee Group (Courtyard/Pub/Library/Gathering Room) 1:00 Brain Fitness (Art/Creativity Room 2nd-Floor) 2:00 Advanced Balance (Channel 1960) 3:00 Fun With Music (Channel 1960) 4:00 Tai Chi Easy (Channel 1960) 27 | 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 1:00 Manor Mayhem (Channel 1960) 3:00 Chapel Service (Channel 1960) 3:00 Haunted History Tour!! (Wichita Area) 3:30 Fun With Music (Channel 1960) 4:00 Chair Yoga (Channel 1960) 28 | 9:15 Beginner Balance (Channel 1960) 10:00 Men's Coffee Group (Courtyard/Pub/Library/Gathering Room) 1:00 Handwriting (Art/Creativity Room 2nd-Floor) 1:30 Community Update With Courtney (Channel 1960) 2:00 Advanced Balance (Channel 1960) 4:00 Tai Chi Easy (Channel 1960) 29 | 9:15 Power Pump (Channel 1960) 10:15 Sit & Fit (Channel 1960) 3:00 Costumes & Cocktails Reception!! (Land Dining Room/Bistro) 30 | Halloween 31 | | |

October 2020

Westerly Residences *Calendar Subject to Changes*

