

SUN	MON	TUE	WED	THUR	FRI	SAT
ROOM KEY ER - East Room WDR - Waypoint Dining Room WWL - Westwinds Lounge	WDR - Willows Dining Room					
9:30 AM Sunday Morning Worship (Channel 1960) 4	9:00 AM Coffee Break (WW Lounge) 5 9:15 AM Power Pump (Channel 1960) 10:00 AM Flow Fit (Channel 1960) 1:00 PM Brain Fitness (WWL) 3:00 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 6 9:15 AM Beginner Balance (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 2:00 PM Mason Jar Candy Treats! (WW Lounge) 3:00 PM Fun With Music (Channel 1960) 4:00 PM Tai Chi Easy (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 7 9:15 AM Power Pump (Channel 1960) 10:00 AM Cardio Kickboxing (Channel 1960) 2:00 PM Cash Bingo! (ER) 3:00 PM Chapel Service (Channel 1960) 3:30 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 1 9:15 AM Beginner Balance (Channel 1960) 1:00 PM Manicures! (WWL) 1:30 PM Community Update With Courtney (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 4:00 PM Tai Chi Easy (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 2 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 3:00 PM Happy Hour! (WW Lounge or Delivered to your Door)	3
9:30 AM Sunday Morning Worship (Channel 1960) 11	9:00 AM Coffee Break (WW Lounge) 12 9:15 AM Power Pump-Video (Channel 1960) 10:15 AM Sit & Fit-Video (Channel 1960) 1:00 PM Nutrition Talk By Ann Hunter (Channel 1960) 3:00 PM Fun With Music (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 13 9:00 AM Special Breakfast! (WW Lounge/East Room/ Delivered To Your Door) 9:15 AM Beginner Balance Video (Channel 1960) 2:00 PM Advanced Balance-Video (Channel 1960) 2:00 PM Joy Ride by Wichita Haunted Places! 3:00 PM Fun With Music (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 14 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 1:00 PM Manor Mayhem (Channel 1960) 2:00 PM Cash Bingo! (ER) 3:00 PM Chapel Service (Channel 1960) 3:30 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 8 9:15 AM Beginner Balance (Channel 1960) 1:00 PM Manicures! (WWL) 1:30 PM Community Update With Courtney (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 2:00 PM Make a Cloth Pumpkin Décor! (ER) 4:00 PM Tai Chi Easy (Channel 1960) 4:00 PM Alzheimer's Support Group (Virtual Call)	9:00 AM Coffee Break (WW Lounge) 9 9:15 AM Power Pump (Channel 1960) 10:00 AM Dance Fitness (Channel 1960) 3:00 PM Movie & Popcorn-Featuring The Peanut Butter Falcon (East Room & Channel 1960)	8:00 AM Podiatrist Visit (ER) 10
9:30 AM Sunday Morning Worship (Channel 1960) 18	9:00 AM Coffee Break (WW Lounge) 19 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 1:00 PM Brain Fitness (WWL) 1:00 PM Getting to know you!! (Channel 1960) 3:00 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 20 9:15 AM Beginner Balance (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 2:00 PM Joy Ride To Benton KS 3:00 PM Fun With Music (Channel 1960) 4:00 PM Tai Chi Easy (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 21 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 2:00 PM Cash Bingo! (ER) 3:00 PM Chapel Service (Channel 1960) 3:30 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 15 9:15 AM Beginner Balance (Channel 1960) 1:00 PM Manicures! (WWL) 1:30 PM Community Update With Courtney (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 2:00 PM Pumpkin Decorating! (ER) 4:00 PM Tai Chi Easy (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 16 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 2:00 PM Snacks & Movie-Featuring Steel Magnolias (Channel 1960)	17
9:30 AM Sunday Morning Worship (Channel 1960) 25	9:00 AM Coffee Break (WW Lounge) 26 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 1:00 PM Brain Fitness (WWL) 2:00 PM Educational Session: Lung Health (Channel 1960) 3:00 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 27 9:15 AM Beginner Balance (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 3:00 PM Fun With Music (Channel 1960) 3:00 PM Happy Birthday Party! (WDR) 4:00 PM Tai Chi Easy (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 28 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 1:00 PM Manor Mayhem (Channel 1960) 2:00 PM Cash Bingo! (ER) 3:00 PM Chapel Service (Channel 1960) 3:30 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 22 9:15 AM Beginner Balance (Channel 1960) 1:00 PM Manicures! (WWL) 1:30 PM Community Update With Courtney (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 2:00 PM Pumpkin Bread & Pumpkin Judging Contest (WW Lounge) 4:00 PM Tai Chi Easy (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 23 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 10:30 AM Bookmarks Book Club Meeting: The Good Earth (Pub) 3:00 PM Oktoberfest (East Room & WW Lounge)	24
9:30 AM Sunday Morning Worship (Channel 1960) 25	9:00 AM Coffee Break (WW Lounge) 26 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 1:00 PM Brain Fitness (WWL) 2:00 PM Educational Session: Lung Health (Channel 1960) 3:00 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 27 9:15 AM Beginner Balance (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 3:00 PM Fun With Music (Channel 1960) 3:00 PM Happy Birthday Party! (WDR) 4:00 PM Tai Chi Easy (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 28 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 1:00 PM Manor Mayhem (Channel 1960) 2:00 PM Cash Bingo! (ER) 3:00 PM Chapel Service (Channel 1960) 3:30 PM Fun With Music (Channel 1960) 4:00 PM Chair Yoga (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 29 9:15 AM Beginner Balance (Channel 1960) 1:00 PM Manicures! (WWL) 1:30 PM Community Update With Courtney (Channel 1960) 2:00 PM Advanced Balance (Channel 1960) 3:00 PM Enjoy Warm Cinnamon Rolls & Coffee or Hot Cocoa (WW Lounge or delivered to your door.) 4:00 PM Tai Chi Easy (Channel 1960)	9:00 AM Coffee Break (WW Lounge) 30 9:15 AM Power Pump (Channel 1960) 10:15 AM Sit & Fit (Channel 1960) 3:00 PM Halloween Party! (WW Lounge & East Room)	Halloween 31

October 2020

Westwinds Residences *Calendar is Subject to Change



WICHITA
Presbyterian Manor