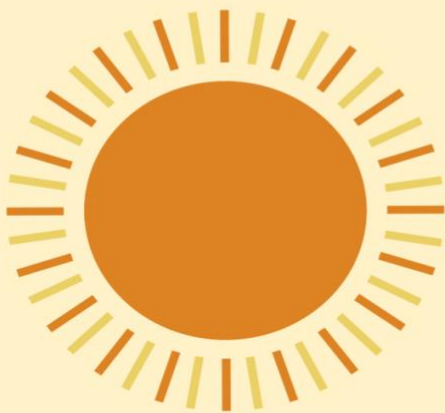


*Join Us for*

**Wellness**   
**WEDNESDAYS**  
AT SMITH VILLAGE

ENGAGE YOUR MIND WITH EXERCISE, GAMES,  
MOVIES, ART CLASSES, COOKING & COMPUTER  
CLASSES & MORE!

RSVP TO TAMMY 773-474-7303



## August 2024 Wellness Club @ Smith Village

### August 7<sup>th</sup>, 2024

- 10am: Exercise (WC)
- 10:30am: Olympic Game: Family Feud (CH)
- 11:15am: Wii Bowling (GR)
- 12:15pm: Lunch (MP)
- 12pm: Olympic Game: Wii Bowling (CH)
- 2:00pm: Entertainment: Thomas and Friends (CH)

### August 14<sup>th</sup>, 2024

- 10am: Exercise Class (WC)
- 10am: Grant Park Music Rehearsal (L)
- 11am: Family Feud (Oak)
- 11:15am: Wii Bowling (GR)
- 12pm: Lunch (MP)
- 2pm: Chef Demo (MDR)
- 2pm: Whoo's Caring Art Class (Art)
- 2:30pm: Bocci Ball (WC)

### August 21<sup>st</sup>, 2024

- 10am: Exercise (WC)
- 11am: Jean Robertson Comedy Special (T)
- 11:15am: Wii Bowling (GR)
- 12pm: Lunch (MP)
- 1:00pm: Let's Go Bowling (L)
- 2pm: Smoothies w/Dietician Maureen (Oak)
- 2:30pm: Bocce Ball (WC)

### August 28<sup>th</sup>, 2024

- 10am: Exercise (WC)
- 11am: Medication Management w/ Kyla (Oak)
- 11:15am: Wii Bowling (GR)
- 12:00pm: Lunch (MP)
- 1pm: Trip to Kohls (L)
- 2pm: Iced Coffee Tasting (Oak)
- 2:30pm: Chair Volleyball (CH)

CH: Community Hall, WC: Wellness Center 1<sup>st</sup> Floor, OR: Oak Room Pub, MP: Marketplace  
GR: Game Room 3<sup>rd</sup> Floor, T: Theater 4<sup>th</sup> Floor, ART: Arts & Craft Room 2<sup>nd</sup> Floor, MDR: Main Dining