

*Join Us for*

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

AUTUMN HAS ARRIVED! October marks the shift in weather, the vibrant colors of changing leaves, and the chance to dig out those cozy sweaters and bake our beloved apple pie, or at Smith you can enjoy an Apple Cider Mimosa!

We invite you to do just that while cozying up to our lovely fireplace!

ENGAGE YOUR MIND WITH EXERCISE,  
GAMES, MOVIES, ART CLASSES, COOKING &  
COMPUTER CLASSES & MORE!  
RSVP TO TAMMY 773-474-7303



## October 2024 Wellness Club @ Smith Village

### October 2<sup>nd</sup>, 2024

- 10am: Exercise Class: Stretch & Strengthen (WC)
- 11am: Lesley/Karen Craft Class w/Apple Cider Mimosas (Art)
- 11:15am: Wii Bowling (GR)
- 12pm: Lunch (MP)
- 1pm: Boxing and Balance (Oak)
- 2pm: Superfood of the Month: Pumpkin w/Dietician Maureen (Oak)
- 2:30pm: Chair Volleyball (CH)

### October 9<sup>th</sup>, 2024

- 10am: Exercise (WC)
- 11am: Crochet w/ Lisa (Oak)
- 11:15am: Wii Bowling (GR)
- 12pm: Lunch (MP)
- 2pm: Chef Demo (MDR)
- 2:30pm: Bocci Ball (WC)

### October 16<sup>th</sup>, 2024

- 10am: Exercise (WC)
- 11am: TED Talk: The Beauty of Wildlife (T)
- 11:15am: Wii Bowling (GR)
- 12pm: Lunch (MP)
- 12pm: Caramel Apple Tasting (Oak)
- 2pm: Transitioning Throughout SV w/Shannon (T)
- 2:30pm: Chair Volleyball (CH)

### October 23<sup>rd</sup>, 2024

- 10am: Exercise (WC)
- 11am: Health Bingo w/Kyle (Oak)
- 12pm: Lunch (MP)
- 12pm: Crochet w/ Lisa (Oak)
- 2pm: Beetlejuice Experience (T)
- 2:30pm: Bocci Ball (WC)

### October 30<sup>th</sup>, 2024

- 10am: Stretch and Strengthen (WC)
- 11am: Family Feud (Oak)
- 11:15am: Wii Bowling (GR)
- 2pm: Halloween Craft w/ Whoo's Caring and Shannon (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