

Wellness WEDNESDAYS AT SMITH VILLAGE

As we transition from summer to fall the month of September is an opportunity to open the doorway to the season that awakens our soul.

Here at Smith we are dedicated to bringing opportunities of growth, building relationships and learning new skills and we would like to personally invite you to join us for Wellness Wednesdays this month!

Please come and engage your mind with exercise, games, movies, art classes, cooking and more at Smith Village this fall!

Reserve a spot by calling Tammy at:
773-474-7303



September 2024 Wellness Club @ Smith Village

September 4th, 2024

- 10am: Exercise Class: Stretch & Strengthen (WC)
- 11am: Family Feud (Oak)
- 11:15am: Wii Bowling (GR)
- 12:00 Lunch (MP)
- 1:00pm Mini Craft w/Shannon (Oak)
- 2:00pm: Oak Street Health Education Session

September 11th, 2024

- 10am: Exercise (WC)
- 11am: Healthy Aging Presentation (Oak)
- 11:15am: Wii Bowling (GR)
- 12pm: Lunch (MP)
- 12pm: Meet and Greet w/ Little Brothers Friends of Elderly (MP)
- 1pm: Let's Go Bowling (L)
- 2pm: Chef Demo (MDR)
- 2:30pm: Chair Volleyball (CH)

September 18th, 2024

- 10am: Exercise (WC)
- 11am: TED Talk: Where Joy Hides (T)
- 11:15am: Wii Bowling (GR)
- 12:00pm: Lunch (MP)
- 1pm: Let's Mini Golf (L)
- 2:00pm: Registered Dietician Presentation (CH)
- 2:30pm: Chair Volleyball (CH)

September 25th, 2024

- 10am: Exercise (WC)
- 11am: Jean Robertson Comedy Special (T)
- 11:15am: Wii Bowling (GR)
- 12pm: Lunch (MP)
- 2pm: Alice Keane Presents: Alzheimer's and Dementia (T)
- 2pm: Frank Rossi Performance (T)
- 2:30pm: Bocci Ball (CH)

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