

Join Us for

Wellness 
WEDNESDAYS
AT SMITH VILLAGE

SPRING IS HERE! May is the month of expectation, the month of wishes, the month of hope. May the month of May be a month of sunshine, happiness, and endless blessings. We look forward to enjoying Wellness Wednesdays with you this May!

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

RSVP TO TAMMY 773-474-7303



May 2024 Wellness Club @ Smith Village

May 1st, 2024

- 10:00 A Century of Serving Seniors Movie (CH)
- 10:00 Stretch & Strengthen (WC)
- 11:00 7 Dimensions of Wellness (WC)
- 11:15 Wii Bowling (GR)
- 1:00 Margarita Flight Tasting (Oak)
- 2:00 A Century of Serving Seniors Movie (CH)
- 2:30 Chair Volleyball (WC)
- 2:30 Elara Caring Ice Cream Social(MP)

May 8th, 2024

- 10:00 Stretch & Strengthen(WC)
- 11:00 Family Feud (Oak)
- 11:15 Wii Bowling (GR)
- 12:00 Make Your Own Taco Bowl (Oak)
- 1:30 Meet/Greet with Beverly Therapist Lynette (Oak)
- 2:00 Chef Demo (MDR)
- 2:00 Frank Rossi Performance (CH)
- 2:30 Bocci Ball (WC)

May 15th,2024

- 10:00 Stretch & Strengthen(WC)
- 11:00 TED Talk: Comedy for Seniors (T)
- 11:15 Wii Bowling (GR)
- 12:30 Garden Club Meeting (Art)
- 2:00 Craft Class w/Whoo's Caring(Art)
- 2:30 Chair Volleyball (CH)

May 22nd, 2024

- 10:00 Stretch & Strengthen(WC)
- 11:00 Advanced Directives Discussion w/Shannon (T)
- 2:00 Men's Tailgate (VG)
- 2:30 Chair Volleyball (CH)
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May 29th, 2024

- 10:00 Stretch & Strengthen (WC)
- 11:00 Dementia Awareness Presentation (Oak)
- 11:15 Wii Bowling (GR)
- 2:00 Dessert Flight Tasting (Oak)
- 2:30 Bocci Ball (WC)

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