

2022 September

LIFE ENRICHMENT - WELLNESS ACTIVITIES

LAUREL VIEW VILLAGE - 2000 CAMBRIDGE DRIVE, DAVIDSVILLE, PA 15928 - 814-288-2724
TIMOTHY MOCK - CEO

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			8:30 Strength & Balance (VWC) 10:00 Golf (OGC-RL) 1:00 Functional Training (CWC) 6:30 Wii Bowling (VMP-RL)	8:00 & 9:15 Pool Class (VWC-RL) 10:00 Men's Games (CBH-RL)
5	6	7	8	9
Labor Day NO WELLNESS ACTIVITIES (Joe will be off all day)	10:00 Men's Games (CBH-RL) 6:30 Wii Bowling (VMP-RL) *** Wellness Trip *** Ghost Town Trail Hike & Lunch 9:00am to 1:00pm Signup in either Activity Room	8:00 & 9:15 Pool Class (VWC-RL) 9:30 Corn Hole (PC) 10:00 Men's Games (CBH-RL) 11:00 Let's Walk (VMP) 12:00 Weight Management L&L (VMP) 12:30 Bocce Fall Games (CBH) 1:00 Sit & Be Fit (CWC)	8:30 Strength & Balance (VWC) 10:00 Golf (OGC-RL) 1:00 Functional Training (CWC) 6:30 Wii Bowling (VMP-RL)	8:00 & 9:15 Pool Class (VWC-RL) 10:00 Men's Games (CBH-RL) 11:00 Pickleball Practice (CBH)
12	13	14	15	16
8:00 & 9:15 Pool Class (VWC-RL) 9:30 Monday Motivation (PC) 10:00 Tai Chi (VMP) 10:00 Men's Games (CBH-RL) 1:00 Sit & Be Fit (CWC) 1:00 Corn Hole Fall Games (VMP) 7:00 Wii Bowling (CAR-RL)	8:30 Fitness is Golden (VMP) 10:00 Men's Games (CBH-RL) 1:00 Functional Training (CWC) 6:30 Wii Bowling (VMP-RL)	8:00 & 9:15 Pool Class (VWC-RL) 10:00 Men's Games (CBH-RL) *** Laurel View Golf Outing *** Windber Country Club (Joe will be offsite all day)	8:30 Strength & Balance (VWC) 10:00 Golf (OGC-RL) 1:00 Fitness is Golden (CWC) 2:00 Resident Council (VMP) 6:30 Wii Bowling (VMP-RL)	8:00 & 9:15 Pool Class (VWC-RL) 10:00 Men's Games (CBH-RL) 11:00 Pickleball Practice (CBH)
19	20	21	22	23
8:00 & 9:15 Pool Class (VWC-RL) 9:30 Monday Motivation (PC) 10:00 Tai Chi (VMP) 10:00 Men's Games (CBH-RL) 1:00 Sit & Be Fit (CWC) 1:00 Corn Hole Fall Games (VMP) 7:00 Wii Bowling (CAR-RL)	8:30 Fitness is Golden (VMP) 10:00 Men's Games (CBH-RL) 1:00 Functional Training (CWC) 6:30 Wii Bowling (VMP-RL)	8:00 & 9:15 Pool Class (VWC-RL) 9:30 Corn Hole (PC) 10:00 Men's Games (CBH-RL) 11:00 Let's Walk (VMP) 1:00 Sit & Be Fit (CWC) 12:30 Bocce Fall Games (CBH)	8:30 Strength & Balance (VWC) 10:00 Golf (OGC-RL) 1:00 Fitness is Golden (CWC) 6:30 Wii Bowling (VMP-RL)	8:00 & 9:15 Pool Class (VWC-RL) 10:00 Men's Games (CBH-RL) (Joe will be offsite all day)
26	27	28	29	30
8:00 & 9:15 Pool Class (VWC-RL) 9:30 Monday Motivation (PC) 10:00 Tai Chi (VMP) 10:00 Men's Games (CBH-RL) 1:00 Sit & Be Fit (CWC) 1:00 Corn Hole Fall Games (VMP) 7:00 Wii Bowling (CAR-RL)	8:30 Fitness is Golden (VMP) 10:00 Men's Games (CBH-RL) 1:00 Functional Training (CWC) 6:30 Wii Bowling (VMP-RL)	8:00 & 9:15 Pool Class (VWC-RL) 9:30 Corn Hole (PC) 10:00 Men's Games (CBH-RL) 11:00 Let's Walk (VMP) 1:00 Sit & Be Fit (CWC) 12:30 Bocce Fall Games (CBH)	8:30 Strength & Balance (VWC) 10:00 Golf (OGC-RL) 1:00 Fitness is Golden (CWC) 6:30 Wii Bowling (VMP-RL)	8:00 & 9:15 Pool Class (VWC-RL) 10:00 Men's Games (CBH-RL) *** Wellness Trip *** Mount Davis Hike & Picnic at Kellers Cabin 9:00am to 2:00pm Signup in either Activity Room

CBC = CAMBRIDGE BOCCO COURT | CAR = CAMBRIDGE ACTIVITY ROOM | CWC = CAMBRIDGE WELLNESS CENTER | CBH = CAMBRIDGE BANQUET HALL
VMP = VISTA MULTI PURPOSE | VWC = VISTA WELLNESS CENTER | VCH = VISTA CHAPEL | VSC = VISTA SHUFFLEBOARD COURT | PC = PERSONAL CARE | RL = RESIDENT LED
FH = FRESH HARVEST | 814 = 814 RICHLAND LANES | CTHS = CONEMAUGH TOWNSHIP HIGH SCHOOL | OGC = OAKBROOK GOLF CLUB | GM = GALLERIA MALL | BT = BUS TRIP
Joe Shetler - Wellness Coordinator | Phone: 814-205-6546 | Email: jshetler@lvv1.com