<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
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<td>7</td>
</tr>
<tr>
<td>2:00 Vespers with Mark Roberts, K</td>
<td>10:00 Water Walking Club, ACP</td>
<td>9:30 Better Balance, GFS</td>
<td>8:30 Aquacise, ACP</td>
<td>9:30 Better Balance, GFS</td>
<td>8:30 Aquacise, ACP</td>
<td>10:00 Westnedge, Maple Hill &amp; Trader Joe’s Run, Bus</td>
</tr>
<tr>
<td>4:00 Wii Bowling, K</td>
<td>1:00 Needle, B1</td>
<td>10:00 Reading Circle, A1</td>
<td>10:00 Music Together, WA</td>
<td>9:30 Reading Circle, CC</td>
<td>9:00 Foot Clinic, WS2</td>
<td>11:00 Play Reading Club, CC</td>
</tr>
<tr>
<td>8:30 Aquacise, ACP</td>
<td>10:00 Aqua Strength, ACP</td>
<td>10:30 Aqua Strength, ACP</td>
<td>10:45 Advanced Fitness, GFS</td>
<td>10:00 Kitchen Band Practice, K</td>
<td>10:00 Advanced Fitness, GFS</td>
<td>1:45 Music with Billy McAllister, K</td>
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<tr>
<td>11:15 Relaxing Float, ACP</td>
<td>11:00 Men’s Chorus, GFS</td>
<td>11:00 Men’s Chorus, GFS</td>
<td>10:45 Joyful Living Through Mindfulness, B1</td>
<td>11:00 Strong, Steady, Ready, GFS</td>
<td>10:00 Current Events Discussion, CC</td>
<td>10:00 Westnedge, Maple Hill &amp; Trader Joe’s Run, Bus</td>
</tr>
<tr>
<td>1:15 Seniors of Strength, GFS</td>
<td>3:30 Happy Hour, Cafe</td>
<td>2:00 Aqua Strength, ACP</td>
<td>11:15 Relaxing Float, ACP</td>
<td>2:00 Hearing Clinic, B1</td>
<td>1:00 FVK Ladies Chorus Concert, K</td>
<td>11:00 Play Reading Club, CC</td>
</tr>
<tr>
<td>2:00 Seniors of Strength, GFS</td>
<td>7:15 Movie, The Sound of Music, K</td>
<td>2:00 Aqua Strength, ACP</td>
<td>2:00 Aqua Strength, ACP</td>
<td>7:00 Pinoche, CL</td>
<td>2:00 Open Bridge, Cafe</td>
<td>7:00 Wii Bowling, K</td>
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<td>2:00 Vespers with Mark Roberts, K</td>
<td>8:30 Water Walking Club, ACP</td>
<td>9:30 Better Balance, GFS</td>
<td>8:30 Aquacise, ACP</td>
<td>8:30 Aquacise, ACP</td>
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<td>10:00 Computer Help, Talk Learn, K</td>
</tr>
<tr>
<td>2:30 Grandparents Day in the Commons, C</td>
<td>10:00 Birthday Social, WCL</td>
<td>10:00 Reading Circle, A1</td>
<td>8:30 Women’s Breakfast: The Rooster’s Call, Bus</td>
<td>10:00 Reading Circle, CC</td>
<td>10:00 Current Events Discussion, CC</td>
<td>10:00 Westnedge, Maple Hill &amp; Trader Joe’s Run, Bus</td>
</tr>
<tr>
<td>4:00 Wii Bowling, K</td>
<td>10:00 Water Walking Club, ACP</td>
<td>10:00 Resident Council, K</td>
<td>10:00 Music Together, WA</td>
<td>9:30 Reading Circle, CC</td>
<td>11:00 Chorus, K</td>
<td>2:00 New Release Movie</td>
</tr>
<tr>
<td>8:30 Aquacise, ACP</td>
<td>10:30 Aqua Strength, ACP</td>
<td>10:30 Aqua Strength, ACP</td>
<td>10:00 From the Workbench with Brandon, K</td>
<td>10:30 Aqua Strength, ACP</td>
<td>10:00 Current Events Discussion, CC</td>
<td>3:15 Mall City Harmonizers at Dalton Center, Bus</td>
</tr>
<tr>
<td>10:30 Rosary, B1</td>
<td>11:00 1st Congregational Church Fellowship, CC</td>
<td>10:00 Lap Swim, ACP</td>
<td>10:00 From the Workbench with Brandon, K</td>
<td>10:30 Aqua Strength, ACP</td>
<td>10:00 Current Events Discussion, CC</td>
<td>7:00 Bingo, GFS</td>
</tr>
<tr>
<td>11:30 Stretch &amp; Strength, GFS</td>
<td>8:30 Men’s Chorus, GFS</td>
<td>11:00 Phone, TV &amp; Internet System Rollout, K</td>
<td>11:15 Relaxing Float, ACP</td>
<td>11:15 Relaxing Float, ACP</td>
<td>10:00 Foot Clinic, WS2</td>
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<tr>
<td>11:30 Stretch &amp; Strength, GFS</td>
<td>2:00 Phone, TV &amp; Internet System Rollout, K</td>
<td>11:00 Men’s Chorus, GFS</td>
<td>1:00 Amigo Mobility Safety Check, FCL</td>
<td>2:00 Drake Farmstead Presentation, K</td>
<td>10:00 Advanced Fitness, GFS</td>
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<tr>
<td>1:00 Needle, B1</td>
<td>3:00 Creative Writing, CC</td>
<td>1:00 Phone, TV &amp; Internet System Rollout, K</td>
<td>1:00 Phone, TV &amp; Internet System Drop-In Training, C</td>
<td>3:00 Happy Hour, Cafe</td>
<td>10:00 Current Events Discussion, CC</td>
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<td>1:15 Seniors of Strength, GFS</td>
<td>2:00 Open Bridge, Cafe</td>
<td>2:00 Aqua Strength, ACP</td>
<td>2:00 Aqua Strength, ACP</td>
<td>7:00 Fine Films &amp; Talks w/Joe: Green Book, B1</td>
<td>11:00 Chorus, K</td>
<td>2:00 New Release Movie</td>
</tr>
<tr>
<td>2:00 Aqua Golf, ACP</td>
<td>4:00 Parkinson’s Support Group, K</td>
<td>2:00 Aqua Farmstead Presentation, K</td>
<td>7:15 Scrabble, CL</td>
<td>1:00 Happy Hour, Cafe</td>
<td>11:15 Seniors of Strength, GFS</td>
<td>2:00 Seniors of Strength, GFS</td>
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<td>2:00 Phone, TV &amp; Internet System Rollout, K</td>
<td>7:00 Pinoche, CL</td>
<td>7:15 Movie, A Beautiful Mind, K</td>
<td>7:00 Fine Films &amp; Talks w/Joe: Green Book, B1</td>
<td>7:00 Fine Films &amp; Talks w/Joe: Green Book, B1</td>
<td>2:00 Fair Days, Cafe</td>
<td>11:00 Play Reading Club, CC</td>
</tr>
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<td>7:15 Movie, A Beautiful Mind, K</td>
<td>7:00 Bingo, FCL</td>
<td>7:00 Movie, A Beautiful Mind, K</td>
<td>7:15 Happy Hour, Cafe</td>
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<td>3:00 Open Bridge, Cafe</td>
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</table>

Dimensions of Wellness

- Physical Health
- Emotional Health
- Social Supports
- Intellectual Stimulation
- Spiritual Development
- Vocational Wellbeing

**Transportation for Grocery Shopping, Banks, Churches, the Mall & Trader Joe’s departures:**

- **Grocery** – Mondays at 10:00; Wednesdays at 12:45; Fridays at 9:45
- **Bank** – Wednesdays at 3:00
- **Westnedge, Maple Hill & Trader Joe’s** – Saturdays at 10:00
- **Churches** – Sundays departing at 9:00 & 10:00. See sign-up board for details.

Please sign up any time you wish to ride the bus for these events. All bus pick-ups from the Village will be from the Fitness Kitchen/Lounge Area.

269-381-0560
### 21:00 Kalamazoo Civic Theatre: Matilda, the Musical, Bus
2:00 Vespers with Mark Roberts, K
4:00 Wii Bowling, K
6:30 Rebroadcast of United Methodist Sunday Service, K

### 8:30 Aquacise, ACP
9:30 Interval, GFS
10:00 Water Walking Club, ACP
11:00 Strong, Steady, Ready, GFS
11:30 Apple Device Classes, B1
1:00 Needlers, B1
1:15 Seniors of Strength, GFS
2:00 Town Hall Gathering, K
6:15 Sing Along w/Marilyn, C

### 8:30 Aquacise, ACP
9:00 Foot Clinic, WS2
9:30 Better Balance, GFS
9:30 Reading Circle, A1
10:30 Aqua Strong, B1
11:30 Stretch & Strength, GFS
1:00 Senior Yoga, GFS
2:00 Chair Yoga, GFS
3:00 Gull Meadow Farms Outing, Bus
2:00 Aqua Golf, ACP
3:00 Creative Writing, CC
3:00 Open Bridge, Cafe
7:00 Pinchke, CL
7:15 Movie, The African

### 8:30 Aquacise, ACP
9:30 Reading Circle, A1
10:00 Out to Lunch Bunch: Clementine's Bus
10:30 Aquatic Strong, A1
10:30 Kalamazoo Updates with County Commissioner Julie Rogers, K
10:30 Rosary, B1
11:30 Stretch & Strength, GFS
1:00 Senior Yoga, GFS
2:00 Chair Yoga, GFS
2:00 Aqua Golf, ACP
3:00 Creative Writing, CC
3:00 Open Bridge, Cafe
7:00 Pinchke, CL
7:15 Movie, Mr. Holland's Opus, K

### 8:30 Aquacise, ACP
9:00 Music Together, WA
10:00 Catholic Mass, K
10:30 Lap Swim, ACP
10:30 Pottery Class, CR
11:00 Men's Chorus, GFS
11:00 Oshema Branch Library at FV Library, L
2:00 Aqua Strong, ACP
3:00 Book Club, B1
3:30 Happy Hour, Cafe
7:15 Scrabble, CL

### 8:30 Aquacise, ACP
9:30 Reading Circle, C
10:00 Kitchen Band Practice, K
10:30 Aqua Strong, ACP
10:45 Joyful Living Through Mindfulness, B1
11:00 Good Day, Ready, GFS
11:15 Relaxing Float, ACP
2:00 Third Thursday: Dr. Marshall Washington, KVCC President, K
4:00 Dinner Outing: The Rock at Big Fish Lake, Bus
7:00 Pinchke, CL

### 8:30 Aquacise, ACP
9:00 Men's Breakfast, Cafe
10:00 Advanced Fitness, GFS
10:00 Bible Study, A1
10:00 Current Events Discussion, CC
11:00 Chorus, K
11:30 Stretch & Strength, A1
11:00 Seniors of Strength, A1
2:00 Four Portraits of Jesus in the Gospels, with Harry Eberts, K
3:00 Open Bridge, Cafe
7:00 Wii Bowling, K
7:30 Kalamazoo Symphony Outing, Bus

### 12:00 Kalamazoo Walk to End Alzheimer's, Bus
2:00 Vespers with Mark Roberts, K
4:00 Wii Bowling, K
6:30 Rebroadcast of United Methodist Sunday Service, K

### 8:30 Aquacise, ACP
9:30 Interval, GFS
10:00 Water Walking Club, ACP
11:00 Strong, Steady, Ready, GFS
11:30 Apple Device Classes, B1
1:00 Needlers, B1
1:15 Seniors of Strength, GFS
2:00 Dim Cruise, The Spoon Man, K
3:00 Sew Talented, CR
3:30 Ted Talks, K

### A1 - The A1 Lounge
AqC - The Aquatic Courtyard
ACP - The Aquatic Pool
B1 - The B1 Lounge
Bus - The Bus
C - The Commons
Cafe - The Cafe
CafeC - The Cafe Courtyard
CC - The Commons Conference Room
CL - The Commons Living Room
CR - The Terrace Craft Room

### FCL - The Fitness Center Lounge
GFS - The Group Fitness Studio
K - The Kiva
KG - The Kiwa Art Gallery
L - The Library
WA - The Woodside Activity Room
WCL - The Woodside Cedar Lounge
WS2 - Woodside 2nd Floor

### Coffee is available daily at 2:00 in the Cafe

## MEETING PLACES

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<td>3:00 Sew Talented, CR</td>
<td>3:30 Ted Talks, K</td>
<td>A1 - The A1 Lounge</td>
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<td>ACP - The Aquatic Pool</td>
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### HOURS OF OPERATION

### WHAT'S NEW?

- **Active Aging Week Begins!**

### SPECIAL EVENTS/OUTINGS & WELLNESS EVENTS

- Coffee is available daily at 2:00 in the Cafe

- **Coffee is available daily at 2:00 in the Cafe**

- **SPECIAL EVENTS/OUTINGS & WELLNESS EVENTS**

### AquaCats Center

- **24 hours, 7 days a week**

### AquaCats Center

- **Open 6am-10pm daily, Sunday-Saturday**

- **Closed for maintenance Tuesdays & Thursdays 5-7pm**

### Massage with Brook:

- **Wednesdays by appointment 10am-3pm**

- **Call Life Enrichment for appointment 358-2538**

### Did you know that you can access all of the information from the monthly calendar, with added details and additional information about Friendship Village, by joining our new Community Engagement system? If you are not yet connected to Caremeregion, watch for an email invitation and follow the instructions provided. If you do not have an email address, one can be set up for you. Please call the Life Enrichment Office for assistance.