

Clearvista Lake Health Campus
Assisted Living

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce	L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events V - Vitality	Ombudsman Contact Information: John Heinz 317-631-9424 john.heinz@ils.net	If you are interested in attending an outing, please let life enrichment know. We only have so many spots available! Outings may be cancelled due to weather or COVID positivity rates	1 I 10:00 Bible Study with Namurt- UR M 10:30 Inspirational Hymns on Guitar- UR L 11:30 Thirsty Thursday- DR I 1:30 Meditation and Relaxation- UR K 3:30 Cards- AL NS	2 V 10:00 Exercise Toss- UR GF 10:30 Roll & Bowl- UR K 11:30 Friday Fun Facts- DR K 1:15 Cards- AL NS S 3:30 College Happy Hour- DR M 3:30 Happy Hour Music with RJ Sutton- DR	3 V 10:30 Music 'n Motion- UR L 11:00 Sunshine Therapy- O CC 2:00 Movie Snacks- UR L 2:00 Movie- Geist Landing K 4:00 Games in the Pub- AL
4 M 10:15 Inspiration Music and Sing-along- UR I 10:45 Inspirational Bible Study- UR V 11:15 Chair Stretching- UR GF 2:00 Sunday Matinee- Geist Landing, Ch 2 CC 2:30 Sunday Treats- UR	5 Labor Day K 10:00 Bingo- DR CC 10:30 Love on a Leash- UR M 11:30 Music Monday-DR K 2:00 Cranium Crunchers- UR V 3:00 DrumFit- AL Exercise Room GG 5:45 Games in the Pub	6 V 10:00 Bowling- DR CC 11:00 Chef Circle- DR K 11:30 Trivia Tuesday-DR O 1:30 Scenic Drive- O IG 3:00 Dudes and Donuts- UR	7 K 10:00 Pirate Bingo- DR A 10:45 Make A Bookmark- DR GG 11:30 Wacky Wednesday- DR GF 1:30 Resident Council- AL DR L 2:00 Travel with Rick Steves- Geist Landing GF 3:30 AL Social- Pub	8 I 10:00 Bible Study with Namurt- UR M 10:30 Inspirational Hymns on Guitar- UR O 11:30 Midday at Midtown in Carmel- O L 11:30 Thirsty Thursday- DR I 1:30 Meditation and	9 S Camping Under the Stars Retreat M 9:30 Name that Song- UR V 10:00 Scavenger Hunt- UR GF 10:45 Building Bird Houses- UR K 11:30 Would You Rather- DR A 1:15 Tie Dye Shirts- UR/O	10 V 10:30 Music 'n Motion- UR L 11:00 Sunshine Therapy- O CC 2:00 Movie Snacks- UR L 2:00 Movie- Geist Landing K 4:00 Games in the Pub- AL
11 Grandparent's Day M 10:15 Inspiration Music and Sing-along- UR I 10:45 Inspirational Bible Study- UR V 11:15 Chair Stretching- UR GF 2:00 Sunday Matinee- Geist Landing, Ch 2 CC 2:30 Sunday Treats- UR	12 K 10:00 Bingo- DR M 11:30 Music Monday-DR K 2:00 Cranium Crunchers- UR V 3:00 DrumFit- AL Exercise Room GG 5:45 Games in the Pub	13 V 10:00 Bowling- DR K 11:30 Trivia Tuesday-DR CC 12:00 Taste of town O 1:30 Scenic Drive- O A 3:00 Acorn Art-DR GF 5:45 Family Night Bingo- L	14 K 10:00 Pirate Bingo- DR A 10:45 Fall Door Sign- DR GG 11:30 Wacky Wednesday- DR L 2:00 Travel with Rick Steves- Geist Landing GF 3:30 AL Social- Pub	15 I 10:00 Bible Study with Namurt- UR M 10:30 Inspirational Hymns on Guitar- UR L 11:30 Thirsty Thursday- DR O 12:05 Indianapolis Indians Game-O I 1:30 Meditation and	16 V 10:00 Exercise Toss- UR GF 10:30 Roll & Bowl- UR K 11:30 Friday Fun Facts- DR K 1:15 Cards- AL NS S 3:30 Green Happy Hour- DR M 3:30 Happy Hour Music with Dave Laksey- DR	17 Citizenship Day V 10:30 Music 'n Motion- UR L 11:00 Sunshine Therapy- O CC 2:00 Movie Snacks- UR L 2:00 Movie- Geist Landing K 4:00 Games in the Pub- AL
18 M 10:15 Inspiration Music and Sing-along- UR I 10:45 Inspirational Bible Study- UR V 11:15 Chair Stretching- UR S 11:30 Brunch- DR GF 2:00 Sunday Matinee- Geist Landing, Ch 2	19 K 10:00 Bingo- DR M 11:30 Music Monday-DR K 2:00 Cranium Crunchers- UR V 3:00 DrumFit- AL Exercise Room GG 5:45 Games in the Pub	20 V 10:00 Bowling- DR CC 11:00 Chef Circle- DR K 11:30 Trivia Tuesday-DR O 1:30 Scenic Drive- O IG 3:00 Dudes and Donuts- UR	21 K 10:00 Pirate Bingo- DR A 10:45 Fall Sign- DR GG 11:30 Wacky Wednesday- DR L 2:00 Travel with Rick Steves- Geist Landing GF 3:30 AL Social- Pub	22 Fall Begins I 10:00 Bible Study with Namurt- UR M 10:30 Inspirational Hymns on Guitar- UR L 11:30 Thirsty Thursday- DR O 1:00 Indianapolis Motor Speedway Museum- O I 1:30 Meditation and	23 Native American Day V 10:00 Exercise Toss- UR GF 10:30 Roll & Bowl- UR K 11:30 Friday Fun Facts- DR K 1:15 Cards- AL NS S 3:30 Fall Happy Hour- DR M 3:30 Happy Hour Music with Robin Harrison- DR	24 V 10:30 Music 'n Motion- UR L 11:00 Sunshine Therapy- O CC 2:00 Movie Snacks- UR L 2:00 Movie- Geist Landing K 4:00 Games in the Pub- AL
25 Rosh Hashanah Begins M 10:15 Inspiration Music and Sing-along- UR I 10:45 Inspirational Bible Study- UR V 11:15 Chair Stretching- UR GF 2:00 Sunday Matinee- Geist Landing, Ch 2 CC 2:30 Sunday Treats- UR	26 K 10:00 Bingo- DR M 11:30 Music Monday-DR K 2:00 Cranium Crunchers- UR V 3:00 DrumFit- AL Exercise Room GG 5:45 Games in the Pub	27 V 10:00 Bowling- DR K 11:30 Trivia Tuesday-DR O 1:30 Scenic Drive- O A 3:00 Wine Cork Artisans-DR	28 K 10:00 Pirate Bingo- DR A 10:45 Halloween Candy Jar- DR GG 11:30 Wacky Wednesday- DR L 2:00 Travel with Rick Steves- Geist Landing GF 3:30 AL Social- Pub	29 I 10:00 Bible Study with Namurt- UR M 10:30 Inspirational Hymns on Guitar- UR L 11:30 Thirsty Thursday- DR I 1:30 Meditation and Relaxation- UR O 1:30 Movie- O	30 V 10:00 Exercise Toss- UR GF 10:30 Roll & Bowl- UR K 11:30 Friday Fun Facts- DR K 1:15 Cards- AL NS S 3:30 Flintstone Happy Hour- DR M 3:30 Happy Hour Music- DR	

Activities subject to change, you will be informed via LifeShare

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A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce	L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality	Obudsman Contact Information: John Heinz 317-6319424 john.heinz@ils.net	If you are interested in attending an outing, please let a member of life enrichment know! We have a limited number of spots. Outings may be cancelled due to weather and COVID positivity rates.	1 I 10:00 Bible Study with Namurt- UR M 10:30 Inspirational Hymns on Guitar- UR L 11:30 Thirsty Thursday- DR I 1:30 Meditation and Relaxation- UR MM 3:30 Sensory on Tinsley- NS	2 V 10:00 Exercise Toss- UR GF 10:30 Roll & Bowl- UR K 11:30 Friday Fun Facts- DR K 1:15 Cards- AL NS MM 1:30 Mindful Moments on Tinsley- NS S 3:30 College Happy Hour- DR	3 V 10:30 Music 'n Motion- UR L 11:00 Sunshine Therapy- O CC 2:00 Movie Snacks- UR L 2:00 Movie- Geist Landing K 4:00 Games in the Pub- AL
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A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality				1 V 9:00 Ribbon Dance I 10:00 Bible Study CC 10:45 Cranberry Pecan Cheeseballs 12:45 Relax & Recharge A 2:00 Pressed Flowers M 3:30 Bluegrass Boogie GG 4:00 Double Dip Phrases	2 V 9:00 Summertime Walking Club K 9:30 Turn Over CC 10:45 Sausage & Pepper Hawaiian Sliders 12:45 Relax & Recharge A 2:00 Newspaper Art M 3:30 September Happy Hour	3 V 9:00 Laughter Yoga K 9:30 Working with Letters CC 10:45 Peanut Butter Cookie Cups 12:45 Relax & Recharge A 2:00 Creative Storytelling M 3:30 Saturday Sunshine GG 4:00 Ladder Ball
4 V 9:00 Pumpkin Pass K 9:30 Summer Vacations CC 10:45 Cookies and Cream Ice Cream 12:45 Relax & Recharge A 2:00 Fleece Blankets M 3:30 Inspirational Sundays GG 4:00 What Belongs	5 Labor Day V 9:00 Blowing Bubbles K 10:00 Bingo CC 10:45 Monster Cookie Energy Bites 12:45 Relax & Recharge A 2:00 Labor Day Cards M 3:30 Labor Day Trivia GG 4:00 Horseshoes	6 K 9:30 American Landmarks V 10:00 Bowling CC 10:45 Pizza Quesadillas 12:45 Relax & Recharge A 2:00 Wrap'n Llama M 3:30 Summertime GG 4:00 Sorting Fair Winners 4:30 Healthy Hands	7 V 9:00 Stop and Smell the Falling Leaves K 10:00 Pirate Bingo CC 10:45 Chocolate Truffles 12:45 Relax & Recharge A 2:00 Warm Vanilla Sugar Scrub M 3:30 Who Sang It Best?	8 V 9:00 Ribbon Dance I 10:00 Bible Study CC 10:45 Bacon Cheese Balls 12:45 Relax & Recharge A 2:00 Sunflower Painting M 3:30 Bluegrass Boogie GG 4:00 Double Dip Phrases 4:30 Healthy Hands	9 V 9:00 Summertime Walking Club K 9:30 Turn Over CC 10:45 Ham, Egg, & Cheese Hawaiian Sliders 12:45 Relax & Recharge A 2:00 Chalk Prints M 3:30 September Happy Hour	10 V 9:00 Laughter Yoga K 9:30 Working with Letters CC 10:45 Chocolate Cookie Cups 12:45 Relax & Recharge A 2:00 Fall Leaf Garland M 3:30 Saturday Sunshine GG 4:00 Ladder Ball 4:30 Healthy Hands
11 Grandparent's Day V 9:00 Pumpkin Pass K 9:30 Summer Vacations CC 10:45 Strawberry Ice Cream 12:45 Relax & Recharge A 2:00 Fleece Blankets M 3:30 Inspirational Sundays GG 4:00 What Belongs Together	12 V 9:00 Blowing Bubbles K 10:00 Bino CC 10:45 Blueberry Muffin Energy Bites 12:45 Relax & Recharge A 2:00 Grandparent's Day Family Tree M 3:30 Folk Music Mondays	13 K 9:30 American Landmarks V 10:00 Bowling CC 10:45 Strawberry Peanut Butter Quesadillas 12:45 Relax & Recharge A 2:00 Slime Experiment M 3:30 Summertime GG 4:00 Sorting Fair Winners	14 V 9:00 Stop and Smell the Falling Leaves K 10:00 Pirate Bingo CC 10:45 Nutty Truffles 12:45 Relax & Recharge A 2:00 The Dot Art Day 1 M 3:30 Who Sang It Best? GG 4:00 "Yes I Have ..." Game	15 V 9:00 Ribbon Dance K 10:00 Bible Study CC 10:45 Chocolate Chip Cheesecake Balls 12:45 Relax & Recharge A 2:00 The Dot Art Day 2 M 3:30 Bluegrass Boogie GG 4:00 Double Dip Phrases	16 V 9:00 Summertime Walking Club K 9:30 Turn Over CC 10:45 Philly Cheesesteak Hawaiian Sliders 12:45 Relax & Recharge A 2:00 Clay Mountain Photo Holder Day 1	17 Citizenship Day V 9:00 Laughter Yoga K 9:30 Working with Letters CC 10:45 Caramel Cookie Cups 12:45 Relax & Recharge A 2:00 Clay Mountain Photo Holder Day 2 M 3:30 Saturday Sunshine GG 4:00 Ladder Ball
18 V 9:00 Pumpkin Pass K 9:30 Summer Vacations CC 10:45 Chocolate Ice Cream 12:45 Relax & Recharge A 2:00 Fleece Blankets M 3:30 Inspirational Sundays GG 4:00 What Belongs Together	19 V 9:00 Blowing Bubbles K 10:00 Bingo CC 10:45 Peanut Butter Chocolate Chip Energy Bites 12:45 Relax & Recharge A 2:00 Ask A Beautiful Question	20 K 9:30 American Landmarks V 10:00 Bowling CC 10:45 Veggie Quesadillas 12:45 Relax & Recharge A 2:00 Paper Picture Frames M 3:30 Summertime GG 4:00 Sorting Fair Winners 4:30 Healthy Hands	21 V 9:00 Stop and Smell the Falling Leaves K 10:00 Pirate Bingo CC 10:45 Candy Truffles 12:45 Relax & Recharge A 2:00 Salted Painting M 3:30 Who Sang It Best? GG 4:00 "Yes I Have ..." Game	22 Fall Begins V 9:00 Ribbon Dance I 10:00 Bible Study CC 10:45 Salami Cheese Balls 12:45 Relax & Recharge A 2:00 Rustic Wood Pumpkins M 3:30 Bluegrass Boogie GG 4:00 Double Dip Phrases 4:30 Healthy Hands	23 Native American Day V 9:00 Summertime Walking Club K 9:30 Turn Over CC 10:45 Caprese Hawaiian Sliders 12:45 Relax & Recharge A 2:00 Apple Chalkboard Greetings	24 V 9:00 Laughter Yoga K 9:30 Working with Letters CC 10:45 Cookies & Cream Cookie Cups 12:45 Relax & Recharge A 2:00 Nature Bookmarks M 3:30 Saturday Sunshine GG 4:00 Ladder Ball
25 Rosh Hashanah Begins V 9:00 Pumpkin Pass K 9:30 Summer Vacations CC 10:45 Caramel Ice Cream 12:45 Relax & Recharge A 2:00 Fleece Blankets M 3:30 Inspirational Sundays GG 4:00 What Belongs Together	26 V 9:00 Blowing Bubbles K 10:00 Bingo CC 10:45 Sweet and Salty Energy Bites 12:45 Relax & Recharge A 2:00 Fall Leaf Candle Mason Jar M 3:30 Folk Music Mondays	27 K 9:30 American Landmarks V 10:00 Bowling CC 10:45 PB & J S'mores Quesadillas 12:45 Relax & Recharge A 2:00 Popcorn Fall Trees M 3:30 Summertime GG 4:00 Sorting Fair Winners	28 V 9:00 Stop and Smell the Falling Leaves K 10:00 Pirate Bingo CC 10:45 Cranberry Truffles 12:45 Relax & Recharge A 2:00 Clay Pinch Pots-Day 1 M 3:30 Who Sang It Best? GG 4:00 "Yes I Have ..." Game	29 V 9:00 Ribbon Dance I 10:00 Bible Study CC 10:45 Nutty Pimento Cheese Balls 12:45 Relax & Recharge A 2:00 Clay Pinch Pots-Day 2 M 3:30 Bluegrass Boogie GG 4:00 Double Dip Phrases	30 V 9:00 Summertime Walking Club K 9:30 Turn Over CC 10:45 Roasted Veggie Hawaiian Sliders 12:45 Relax & Recharge A 2:00 Have a Gentle Conversation	