

SEPTEMBER EVENTS & ACTIVITIES

INDEPENDENT LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Here at Hidden Springs, our Lifestyle Program is designed around the 7 Dimensions of Wellness. Each activity addresses one of the 7 dimensions as its primary benefit, with secondary and tertiary benefits also in mind. Participation in our Lifestyle Program means an opportunity to have a well-rounded leisure lifestyle that focuses on the highest quality of life and well-being. Look for the letters in parentheses that indicate the wellness dimension for each activity</p> <p>Physical (P) Social (S) Spiritual (SP) Vocational (V) Emotional (E) Environmental (EN) Intellectual (I)</p>		<p>1</p> <p>8:00 Transport for Doctor Appts. 9:30 (P) Dance Fitness: Samba- FC 10:15 (P) Water Balance- P 12:00 (S) Springs Bucks Bingo- M 2:00 (E) Oil Painting w/ Nancy-M 3:00 (I) Mental Fitness Games- B 6:30 (E) At The Movies: <i>Soul Surfer</i> - M</p>	<p>2</p> <p>10:00 (SP) Wednesday Worship-M 11:00 (P) Theraband Resistance Exercise- FC 11:30 (P) Standing Chair Yoga-FC 1:00 (I) Reliant Health Panel Discussion: <i>Ask The Experts</i>- M 3:00 (S) Wine Down Wednesday: Charades Team Challenge- M 3:30 (E) Grief Support Group- Apt 1004</p>	<p>3</p> <p>9:45 (P) Walk for Wellness- FC 10:30 (P) Balance & Strength- FC 12:00 (S) Cooking Demonstration: Frijoles and Fried Plantains- M 3:30 (E) Caregiver Support Group- Apt 1004 3:30 (I) Documentary Series: <i>America's Book of Secrets: The FBI</i> 6:30 (E) Movie Night Classics: West Side Story - M</p>	<p>4</p> <p>9:45 (P) Aqua Zumba- P 10:15 (P) Water Relaxation- P 11:30 (V) Voter Registration Information- M 6:30 (S) An Evening of Champagne and Big Band with Jazz with singer Anne Hinson- P</p>
	6	7	8	9	10
<p>10:30 (SP) Morning Worship Service and Communion with Reverend Paulette Magnuson- M</p>	<p>9:45 (P) Walk for Wellness- FC 10:30 (P) Standing Chair Yoga-FC 11:30 (S) Labor Day BBQ Lunch-DR 1:30 (I) Discovery Series: <i>The History Behind Labor Day</i>- M 3:30 (I) Documentary Series: <i>America's Book of Secrets: The White House</i>- M</p>	<p>8:00 Transport for Doctor Appts. 9:45 (P) Dance Fitness: Mambo-FC 10:30 (P) Water Walking- P 12:00 (S) Springs Bucks Bingo- M 2:00 (E) Oil Painting w/ Nancy-M 3:00 (I) Mental Fitness Games- B 6:30 (E) At The Movies: <i>God Bless The Broken Road</i>- M</p>	<p>10:00 (SP) Wednesday Worship-M 11:00 (P) Theraband Resistance Exercise- FC 11:30 (P) Standing Chair Yoga-FC 1:00 (I) Reliant "Wellness For Life" Workshop: <i>Nutrition and You</i>- M 3:00 (S) Wine Down Wednesday: Taboo- M</p>	<p>9:45 (P) Walk for Wellness- FC 10:30 (P) Balance & Strength- FC 12:00 (I) Creative Crafters: Advanced Jewelry Making- M 3:30 (E) Caregiver Support Group- Apt 1004 3:30 (I) Documentary Series: <i>America's Book of Secrets: The Pentagon</i> 6:30 (V) Resident Council Meeting M</p>	<p>9:45 (P) Aqua Zumba- P 10:15 (P) Water Relaxation - P 11:30 (V) Voter Registration Information- M 2:00 (I) Pub Trivia Challenge- M 3:00 (S) Happy Hour: Live Music by Tony P.: "Music To Dance To"- M</p>
13	14	15	16	17	18
<p>10:30 (SP) Morning Worship Service with Reverend Paulette Magnuson-M</p> <p>11:30 (S) Grandparents Day Brunch- DR</p>	<p>9:45 (P) Walk for Wellness- FC 10:30 (P) Standing Chair Yoga-FC 12:45 (S) Monday Sundae Bar- B 1:00 (I) Discovery Series: <i>US National Parks</i>- M 3:30 (I) Documentary Series: <i>America's Book of Secrets: The Freemasons</i>- M</p>	<p>8:00 Transport for Doctor Appts. 9:45 (P) Dance Fitness: Salsa- FC 10:30 (P) Aqua Stretch- P 12:00 (S) Springs Bucks Bingo- M 2:00 (E) Oil Painting w/ Nancy-M 3:00 (I) Mental Fitness Games- B 6:30 (E) At The Movies: <i>The Healer</i>- M</p>	<p>10:00 (SP) Wednesday Worship-M 11:00 (P) Theraband Resistance Exercise- FC 11:30 (P) Standing Chair Yoga-FC 1:00 (I) National Geographic Series "Our Planet": <i>Frozen Worlds</i>- M 3:00 (S) Wine Down Wednesday: Jeopardy Challenge- M 3:30 (E) Grief Support Group- Apt 1004</p>	<p>10:00 (V) Town Hall Meeting- M 11:15 (P) Walk For Wellness- FC 12:00 (S) Cooking Demonstration: Churros and Mexican Street Corn- M 3:30 (E) Caregiver Support Group- Apt 1004 3:30 (I) Documentary Series: <i>America's Book of Secrets: The Black Ops</i> 6:30 (E) Movie Night Classics: Dirty Dancing- M</p>	<p>9:45 (P) Aqua Zumba- P 10:15 (P) Water Relaxation - P 11:30 (V) Voter Registration Information- M 2:00 (I) Pub Trivia Challenge- M 3:00 (S) Happy Hour: Live Music by Marty Ruiz "Making Music & Memories" -M</p>
20	21	22	23	24	25
<p>10:30 (SP) Morning Worship Service with Reverend Paulette Magnuson-M</p>	<p>9:45 (P) Walk for Wellness- FC 10:30 (P) Standing Chair Yoga-FC 12:45 (S) Monday Sundae Bar- B 1:00 (I) Discovery Series: <i>Countries of Hispanic Heritage</i>- M 3:30 (I) Documentary Series: <i>America's Book of Secrets: Fort Knox</i>- M</p>	<p>8:00 Transport for Doctor Appts. 9:45 (P) Dance Fitness: Calypso- FC 10:30 (P) Water Strengthening- P 12:00 (S) Springs Bucks Bingo- M 2:00 (E) Oil Painting w/ Nancy-M 3:00 (I) Mental Fitness Games- B 6:30 (E) At The Movies: <i>Nothing To Lose</i>- M</p>	<p>10:00 (SP) Wednesday Worship-M 11:00 (P) Theraband Resistance Exercise- FC 11:30 (P) Standing Chair Yoga-FC 1:00 (I) National Geographic Series "Our Planet": <i>Jungles</i>- M 3:00 (S) Wine Down Wednesday: <i>Name That Tune Cocktail Party</i>- M</p>	<p>10:30 (P) 1st Annual Springs Sports Olympic Challenge and Torch Lighting Ceremony- P 1:00 (S) Springs Sports Closing Ceremony and Reception- M 3:30 (E) Caregiver Support Group- Apt 1004 3:30 (I) Documentary Series: <i>America's Book of Secrets: Presidential Transports</i> 6:30 (E) Movie Night Classics- Grease- M</p>	<p>1:30 (S) The Springs State Fair with Food and Games- P 3:00 (S) Country Music at the Fair by Riley Wilson -M</p>
27	28	29	30	LEGEND	
<p>10:30 (SP) Morning Worship Service with Reverend Paulette Magnuson-M</p>	<p>9:45 (P) Walk for Wellness- FC 10:30 (P) Standing Chair Yoga-FC 12:45 (S) Monday Sundae Bar- B 1:00 (I) Discovery Series: <i>The Life and Works of Diego Rivera</i>- M 3:30 (I) Documentary Series: <i>America's Book of Secrets: Area 51</i>- M</p>	<p>8:00 Transport for Doctor Appts. 9:30 (P) Dance Fitness: Cha Cha- FC 10:15 (P) Water Balance- P 2:00 (E) Oil Painting w/ Nancy-M 3:00 (I) Mental Fitness Games- B 6:30 (E) At The Movies: <i>40 First Dates</i>- M</p>	<p>10:00 (SP) Wednesday Worship-M 11:00 (P) Theraband Resistance Exercise- FC 11:30 (P) Standing Chair Yoga-FC 1:00 (I) National Geographic Series "Our Planet": <i>Coastal Seas</i>- M 3:00 (S) Wine Down Wednesday: Wheel of Fortune- M 3:30 (E) Grief Support Group- Apt 1004</p>	<p>M: Multipurpose Room B: Crazy Waters Bistro DR: Las Boquillas Dining Room P: Dining Room Patio C: Inner Courtyard P: San Solomon Pool FC: Balmorhea Fitness Center F: Front Entrance</p>	

Important Information

Please be aware that because of current social distancing requirements, we are requiring individuals to RSVP for each program they want to attend. In groups of 10 or more, we must maintain social distancing standards of 6 ft and wear masks. In groups less than 10, you must continue to wear your mask, even if social distancing standards are not required. We thank you for being patient and understanding during this time and thank you for your cooperation. It is with your cooperation that we are able to bring you a more robust lifestyle schedule as we progress on the road towards a full and dynamic schedule with even more opportunities to promote health and well-being!

You may visit the link provided in the newsletter to check program availability. If you would like to RSVP for programs, please email Jennifer, Lifestyle Director, at: JLecher@12oaks.net

Note: Scheduled activities and events are subject to change without prior notice. Please see Lifestyle staff for any possible changes and/or updates