

BALANCED LIVING OVERVIEW - SEPTEMBER

8 TUES. (RR) 2:00 PM **NEW!!**
QUILTING CLUB

JOIN THE QUILTING CLUB. THE CLUB PROMOTES FELLOWSHIP AND INTERCHANGE OF IDEAS AMONG THOSE ENGAGED OR INTERESTED IN THE ART AND CRAFT OF QUILTING.

14 MON. (Q) 9:00 AM COMMUNICATIONS COUNCIL

COUNCIL LED BY BOB H. TO PROMOTE EFFECTIVE COMMUNICATIONS INTERNALLY ACROSS THE CAMPUS.

14 MON. (Q) 1:00 PM SPIRITUAL LIFE COUNCIL

LED BY MARGARET R. AND GRETCHEN J. TO PROMOTE AND LEAD RESIDENT DRIVEN SPIRITUAL LIFE ACTIVITIES.

16 WED. (CR) 1:00 PM COMMUNITY ENGAGEMENT COUNCIL

LED BY RAVAN DAY TO ENSURE MEANINGFUL AND QUALITY RESIDENT ENGAGEMENT ACTIVITIES & SUPPORTING THE PILLARS OF WELLNESS.

CLOSED MEETING.

16 WED. (CR) 10:00 AM MAKE & DONATE

MAKE & DONATE IS AN ART CLUB FOCUSED ON CREATING PROJECTS THAT ARE DONATED BACK TO OUR COMMUNITY AND SHARED AT SPECIAL EVENTS. TOGETHER, WE USE CREATIVITY TO GIVE BACK AND CONNECT WITH OTHERS.

17 THURS. (Q) 10:00 AM CULINARY COUNCIL

THE BUILDING REPRESENTATIVE COUNCIL, LED BY DENIELLE M. AND PATRICKS, MEETS TO REVIEW ANSER CAFÉ UPDATES AND DISCUSS RESIDENT ENGAGEMENT FEEDBACK. **CLOSED MEETING.**

17 THURS. (R52) 2:00 PM CRAFTING FOR GOOD

JOIN US AS WE KNIT, CROCHET, AND SEW ITEMS FOR INDIVIDUALS IN NEED WITHIN OUR COMMUNITY. WHETHER YOU ARE A BEGINNER OR AN EXPERIENCED CRAFTER, ALL ARE WELCOME.

22 TUES. (Q) 10:00 AM RESIDENT ADVISORY COUNCIL

BUILDING REPRESENTATIVE COUNCIL, TO PROMOTE CAMPUS UNITY. DISCUSSING ACTIVITIES AND PROGRAM OPPORTUNITY AT MONTHLY BUILDING MEETINGS. **CLOSED MEETING.**

28 MON. (Q) 1:00 PM INK SLINGERS

ARE YOU INTERESTED IN EXPRESSING YOURSELF THROUGH WRITING? ARE YOU WILLING TO READ YOUR WORK, PARTICIPATE IN INSTRUCTIVE GRAMMAR REVIEW, AND SHARE INFORMATION ABOUT NEW WRITERS? IF SO, JOIN TODAY!



EMOTIONAL WELLNESS

10 THURS. (CR & R52) 11:00 AM DEMENTIA SUPPORT GROUP

KAREN ELLEXSON PROVIDES EDUCATIONAL SESSIONS FOR INDIVIDUALS AND FAMILIES, HELPING THEM BUILD SKILLS TO CONNECT MEANINGFULLY WITH LOVED ONES LIVING WITH DEMENTIA.



ENVIRONMENTAL WELLNESS

GARDEN CLUB WITH SHIRLEY JARUSEK

CONTACT SHIRLEY JARUSEK IF YOU ARE INTERESTED IN GARDENING IN ONE OF OUR RAISED BEDS.
SJARUSEK@FRIENDSHIP.US, OR CALL
540-378-6195.