



## YOUR CALENDAR IS ABOUT TO GET REALLY BOOKED UP

To put it simply, there is always something going on here. Social gatherings. Mind-expanding lectures. Religious and Spiritual services. Health Tips. They're here. Plus art shows, classes, and games. And when it comes to fitness, Independence Village has daily workout programs and fitness classes designed to keep your body in great shape. And we're always looking to do more. So if there's something you've always wanted to do, but never had the chance to, speak up! Most of our inspiration comes from our residents' suggestion. Let us know—we'll make it happen.

# Four Dimensions of Life Enrichment



### SOCIAL

Our social programs are fun and interesting opportunities to interact with each other. They can be happy hours, club meetings, and group fitness activities.

### PHYSICAL

“Use it or Lose it” is a common phrase you will hear around our community. While it is true for all dimensions, it rings most true in the Physical dimension. We do not focus on what you cannot do but rather what you can do. We make modifications based on your individual abilities and mobility. Physical programming includes but is not limited to: hockey, kayaking, weight training, volleyball and yoga.

### INTELLECTUAL

Intellectual programs challenge and stimulate your mind. We encourage you to continue your quest for knowledge and achieve your learning goals. Intellectual programming includes but is not limited to The Great Courses, guided current event group discussions and on-site lecture series.

### SPIRITUAL

Spirituality interest increases as people age and while traditional church services and bible studies fall into this category, it's also important to remember that spiritual programming is not limited to those activities. Spiritual activities may also include journaling, meditation and volunteering.



	SOCIAL	PHYSICAL	INTELLECTUAL	SPIRITUAL
Casino Outings	✓			
Arts & Crafts Projects	✓		✓	✓
Art Gallery Outings	✓	✓	✓	
Veterans Project	✓			✓
Language Classes	✓		✓	
German Culture Club	✓		✓	
Intergenerational Programs	✓			
Yoga	✓	✓		✓
Tai Chi	✓	✓		✓
Exercise Program	✓	✓		
Balance Class	✓	✓		
Hockey	✓	✓		
Volleyball	✓	✓		
Gymnastics	✓	✓		
Massages	✓	✓		✓
Manicures	✓	✓		✓
Meditation & Aromatherapy	✓			✓
Men's Club	✓			
Chef Demonstrations	✓		✓	
Cooking Classes	✓		✓	
Happy Hour	✓			
Strength Training	✓	✓		
Aquatic Exercise Program	✓	✓		
Woodworking	✓	✓	✓	
Kayaking	✓	✓		
Pet Therapy	✓	✓		✓
Music Therapy	✓			✓
Music Concerts	✓			✓
Karaoke	✓			✓
Baking Group	✓		✓	
Ice Cream Socials	✓			
Hand Massages		✓		✓
Movies & Popcorn	✓			
Coffee & Current Events	✓		✓	
Summer Cook-Out	✓	✓		
Summer Family Picnics	✓			✓
Christmas Reindeer Visits	✓			✓
Pontoon Boat Rides	✓	✓		
Riverboat Rides	✓	✓		
Wii Bowling	✓	✓	✓	
Cocktails with Friends	✓			
Watercolor Classes	✓		✓	✓
Wine and Canvas Classes	✓		✓	✓
Game Night	✓		✓	
Crafty Crochet & Knitting	✓		✓	✓
Helping Hands Quilting	✓		✓	✓
Tea Time Gathering	✓			
Library Visits	✓		✓	
Technology Guidance	✓		✓	
Sit and Be Fit	✓	✓		

	SOCIAL	PHYSICAL	INTELLECTUAL	SPIRITUAL
Movement to Music	✓	✓		✓
Patio Parties	✓			
Fireside Social	✓			
Hot Topic Discussion Group	✓		✓	
Bell Choir	✓		✓	✓
Saturday Reflection			✓	✓
Texas Hold 'Em Poker	✓		✓	
Black Jack	✓		✓	
Uno Cards	✓		✓	
Euchre Tournaments	✓		✓	
Breakfast Club	✓			
Lunch Club	✓			
Dinner Club	✓			
Shopping Outings	✓	✓		
Waffle Days	✓			
Fun Money Auction	✓			
Live Entertainment	✓			✓
Swimming Outings	✓	✓		
Tailgate Parties	✓			
Give Back Projects	✓			✓
Puzzle Pals	✓		✓	
Pool & Billiards	✓	✓	✓	
Short Story Book Club	✓		✓	
Arts, Beats & Eats	✓		✓	✓
Oktoberfest Party	✓			
Veterans Appreciation Luncheon	✓			✓
Veterans Pinning Ceremony	✓			✓
Tiger Opener Party	✓		✓	
Dance Demonstration	✓	✓	✓	
Donuts with Director	✓		✓	
Day at the Beach	✓			✓
Garden Planting	✓	✓		✓
Catholic Communion & Prayer	✓			✓
Church Services	✓			✓
Adult Creative Coloring	✓		✓	✓
Children's Visit	✓			✓
Farmers Market Visit	✓			
Walking for Wellness	✓	✓		
Bible Study	✓			✓
Bingo	✓		✓	
Card Bingo	✓		✓	
Wheel of Fortune	✓		✓	
Jeopardy	✓		✓	
Bridge Group	✓		✓	
Concerts in the Park	✓			✓
Brain Games & Trivia	✓		✓	
Shoot the Hoops	✓	✓		
Bean Bag Toss / Cornhole Game	✓	✓		
Travelogue	✓		✓	