







INDEPENDENT LIVING SAMPLE ACTIVITY CALENDAR








SUNDAY

-  10:00 a.m. Resident Led Walk
-  2:00 p.m. Spires Worship Service w/Communion
-  2:30 p.m. Table Tennis
-  3:00 p.m. Pet Friends
-  4:00 p.m. Bocce Ball
-  6:30 p.m. Rummikub








MONDAY

-  11:00 a.m. Sudoku & Crossword
-  11:00 a.m. Sunshiners Team Meeting
-  2:00 p.m. Activity, Health & Aging Study Session w/Dr. Janke's Class
-  4:00 p.m. Spires Singers Practice
-  5:00 p.m. Berry Professor Lecture Series
-  6:30 p.m. Rummikub

TUESDAY

-  9:30 a.m. Kindermusik
-  10:00 a.m. Word Search
-  10:00 a.m. Living Well w/Chronic Illness
-  2:00 p.m. Magnolia Place 101
-  3:00 p.m. Mah Jong Club
-  3:30 p.m. Dance Groove
-  6:30 p.m. Rummikub







WEDNESDAY

-  11:00 a.m. Brain Teasers
-  11:00 a.m. Meditation
-  2:00 p.m. Lecture Series
-  2:00 p.m. Bridge Club
-  3:00 p.m. Table Tennis
-  3:00 p.m. Jewelry Making
-  7:00 p.m. Fireside S'mores w/Berry Scholars

THURSDAY

-  9:00 to 11:30 a.m. Lifestyles Trip: Tour of Berry Dairy Barn
-  9:30 a.m. Kindermusik
-  11:00 a.m. Bible Study
-  12:00 p.m. Hand & Foot Cards
-  2:00 p.m. Talent Show
-  3:30 p.m. Dance Groove

FRIDAY

-  9:00 a.m. Coffee Club
-  10:00 a.m. Veteran's Club
-  1:30 p.m. Spires Artists
-  2:00 p.m. Dulcimer Lessons
-  2:30 p.m. Inspires Pickers Jam Session
-  3:00 p.m. Table Tennis
-  7:00 p.m. Movie Night

SATURDAY

-  9:00 a.m. Lifestyles Trip: Chattanooga Holiday Market & Lunch
-  10:00 a.m. Resident Led Walk
-  11:00 a.m. Sudoku & Crossword
-  7:00 p.m. Miniseries Showing



THE SPIRES
AT BERRY COLLEGE

SAMPLE FITNESS CALENDAR

SUNDAY

- 9:00 a.m. Step Aerobics
- 10:00 a.m. Resident Led Walk
- 3:00 to 4:30 p.m. Table Tennis
- 3:30 p.m. Water Aerobics w/Janie
- 4:00 p.m. Bocce Ball

MONDAY

- 9:15 a.m. Full Body Fitness 2 w/Jen
- 10:00 a.m. Stretch 2 w/Jen
- 10:30 a.m. Cardio Drumming w/Jen
- 1:30 p.m. Sittercize w/Liz
- 2:30 p.m. Balance w/Liz

TUESDAY

- 8:30 a.m. Water Aerobics w/Lee
 - 9:15 a.m. Tabata w/Liz
 - 10:00 a.m. Cardio Drumming w/Liz
 - 1:30 p.m. Full Body Fitness 1 w/Liz
 - 2:30 p.m. Stretch 1 w/Liz
 - 3:30 p.m. Spires Strutters w/Judy
- Personal Training Available by Appointment*

WEDNESDAY

- 8:30 a.m. Water Aerobics w/Lee
- 9:15 a.m. Circuit City w/Liz
- 10:00 a.m. Stretch 2 w/Liz
- 1:30 p.m. Upper Body Strength Training w/Jen
- 2:15 p.m. Sittercize & Stretch w/Jen
- 3:00 to 4:30 Table Tennis
- 3:00 p.m. Water Aerobics w/Janie

THURSDAY

- 8:30 a.m. Water Aerobics w/Lee
 - 9:15 a.m. Cardio Drumming w/Liz
 - 10:00 a.m. Chair Dancing w/Judy
 - 1:00 to 3:00 p.m. Pickle Ball
 - 1:30 p.m. Lower Body Strength Training w/Jen
 - 2:15 p.m. Balance & Stretch w/Jen
 - 3:30 p.m. Spires Strutters w/Judy
- Personal Training Available by Appointment*

FRIDAY

- 9:00 a.m. Step Class Video
- 10:00 a.m. Tabata w/Liz
- 10:45 a.m. Stretch 2 w/Liz
- 1:00 p.m. Walkin On Sunshine w/Liz
- 3:00 to 4:30 p.m. Table Tennis
- 3:00 p.m. Water Aerobics w/Janie

SATURDAY

- 10:00 a.m. Walking Club
- 3:00 p.m. Sittercize w/Amy
- 3:30 p.m. Stretch 1 w/Amy



T H E S P I R E S
AT BERRY COLLEGE