

Vitality and Well-Being Weekly Event Calendar

MONDAY September 14th

9:00am
Outdoor Tai Chi-
WCP Weather
Permitting

9:00am
Relaxation-TV

10:00am
Fitness-
Cardio/Strength-TV

11:00am
Mental Fitness-TV
Arm Chair Travel
“NatGeo America’s
National Parks-
Everglades”

1:00pm
Fitness- Balance-TV

3:00pm
Movie Matinee-TV
“Mary Poppins
Returns”

7:00pm
Music under the
Stars- West Circle



TUESDAY September 15th

9:00am
Relaxation-TV

9:00am
Outdoor Gentle
Stretch - WCP
Weather Permitting

10:00am
Fitness-
Yoga-TV

11:00am
Mental Fitness-TV
“Down To Earth-
France”

11:15am
Trivial Pursuit- CS
*Room Change

1:00pm
Fitness-
Dance-TV

3:00pm
Movie Matinee-TV
“Downton Abbey”

WEDNESDAY September 16th

9:00am
Relaxation-TV

10:00am
Tech Support- HTC

10:00am
Fitness-
Cardio/Strength-TV

11:00am
Mental Fitness-TV
The American Bible
Challenge- Episode 2

1:00pm
Fitness-
Cardio/Strength-TV

2:00
Chat with Anne-TV

3:00pm
Movie Matinee-TV
“We Are Marshall”

3:30pm
Memories to
Memoirs-
*Teleconference Only

Teleconference #
1-866-945-2255
Then Enter Code
1295965#

THURSDAY September 17th

9:00am
Outdoor Gentle
Stretch- WCP
Weather Permitting

9:00am
Relaxation-TV

10:00am
Fitness-
Yoga-TV

11:00am
Mental Fitness-TV
Tiny Creatures:
Minnesota

1:00pm
Fitness-
Dance-TV

2:00pm
Ethan Uslan
Performs- TV

3:00pm
Movie Matinee-TV
“The Italian Job”

***You must**
register to attend
in-person groups
in LifeLoop.

FRIDAY September 18th

9:00am
Outdoor Tai Chi-
WCP Weather
Permitting

9:00am
Relaxation-TV

10:00am
Fitness-
Balance-TV

11:00am
Mental Fitness-TV
“The Pixar Story”

1:00pm
Fitness-
Cardio/Strength-TV

2:00pm
Live Bingo- TV

3:00pm
Movie Matinee-TV
“The Good, the Bad,
and the Ugly”

***Groups in Red**
are in-person.
Some have both
in-person and
remote options.

SATURDAY September 19th

7:00am-12:30pm
“2020 Tour de
France”- LIVE on
NBCSN, Channel 70

11:00am-7:30pm
“2020 U.S. Open
Golf Championship”
– LIVE on NBC,
Channel 6

8:00-9:10pm
“Animal Babies” –
New Episode on
BBC, Channel 110

8:00-10:00pm
“2020 Creative Arts
Emmy Awards” –
LIVE on FXX,
Channel 109

9:00-11:00pm
“Love at Daisy Hills
(2020)” –
PREMIERE on
HALL, Channel 23

Beat Box Ballet –
September 12th -19th
<https://www.mckineticworks.org/>

SUNDAY September 20th

2:00pm
Sunday Sounds- TV
“Charlotte
Symphony
Orchestra”

3:00pm
Movie Matinee-TV
“Sister Act”

6:00pm
Sharon Presbyterian
Service-TV

Key

CVC- City View
Clubroom- Limited
to 8

DC- Daniel Chapel-
Limited to 4

HTC- Harris Towne
Centre- Limited to 8

TV- Channel 1394

WCP- West Covered
Parking Area

CS- Craft Studio-
Limited to 6