

Please turn over for additional information & location keys for programs >

## STRONG BONES EXERCISE/CHAIR YOGA IN AUDITORIUM OR VIA ZOOM:

· No Sign-up required!

## · How to access Strong Bones via zoom:

- Download Zoom to your electronic device of choice and create an account (if you have not already)
  - Join our Zoom meeting by entering in the meeting ID: 79785075740
  - Please, note that it will ask for a password. The password is eaglecrest
- -Activities will start at the designated time. Please be sure you are connected before the activity begins.

## INDEPENDENTLY LED GROUPS (IN HOUSE TELEPHONE CONTACT):

- Folks at Ten Bob B. 12308
- Tea at Two Cheryl V. 15027
- Bible Study with Pastor Mumm Jim M. 14026
  - Welcome to La Crosse! Newcomers

Group – Shirley D. 15005

- Euchre Dick D. 15005
- Facebook: Friends of ECS Dan M. 14000
  - Sing-Along Darlene L. 12010
  - Hand, Knee, & Foot Beth D. 15000
    - Book Club Mallorie T. 12737
    - Veteran's Group Dick D. 15005
      - Knit & Chat Marlie B. 12308
      - Hobby Shop Peter K. 15024
    - Men's Glee Club Dick D. 15005

## **ACTIVITY LOCATIONS:**

- AS: Art Studio (ECS 2, 1st floor)
- A: Auditorium (ECS 1, 2nd floor)
  - B: Bistro (ECS 1, 1st floor)
- BB: Blarney Bar (ECS 1, 1st floor)
- CL: Club Lounge (ECS 2, 1st floor)
- CR: Community Room (ECS 2, 1st floor)
  - T: Theater (ECS 1, 2nd floor)
  - C: Craft Room (ECS 1, 1st floor)
    - AL: Assisted Living
- 2DR: Assisted Living 2<sup>nd</sup> Floor Dining Room
- 3CA: Assisted Living 3<sup>rd</sup> Floor Common Area

Please call Mallorie Trautsch, Life Enrichment Coordinator, at (608)791-2737 or #12737 if you have any questions or concerns.

Thank you!

All underlined activities indicate that a sign-up is required!