

Campus *Life* at Landis Homes

At Landis Homes, you'll find an active campus where residents are excited about having time to enjoy their hobbies and take up new ones. Our community of welcoming neighbors invests in strong connections, wellness and vibrant life.

Want to Get Involved?

Fitness

- Trekkers Walking Group (including nature hikes)
- Table Tennis
- Personal Training Program
- Fitness Excursions
- Fun Fitness Challenges in the Wellness Center
- Cornhole
- Shuffleboard
- Rhythmic Drumming
- Chair Yoga
- Aquatic Classes - you don't need to know how to swim!
- Billiards
- Country Line Dancing Classes
- Variety of other classes

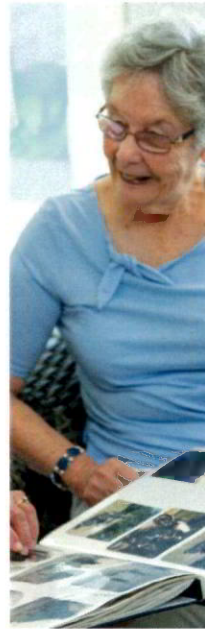
Social Time

- Piano Restaurant Night in the Bistro
- Saturday Morning Coffee Socials
- Monthly Birthday Celebration Party
- Grandpals Gathering
- Men's Breakfast
- Women's Fellowship Breakfast
- Family Movie Night
- Off Campus Tours and Trips
- Fireside Stories
- Single Men's Fellowship Group



Educational Activities

- Wellness Seminars
- Pathways Institute for Lifelong Learning
- Speakers & Lectures
- Art Exhibits
- Bookmobile on campus



Support Groups

- Parkinson's Support Gathering
- Vision Loss Support Group
- Men's Caregivers Support Group
- Women's Caregivers Support Group
- No Longer Alone Family Support Group



Sewing/Crafting/Woodworking

- Quilters
- Woodshop
- Landis Homes Stitchers
- Painting & Craft Classes



Volunteering

- Serving in the Care Areas
- General Store
- Service Projects
- On-Campus Shuttle Driver
- Vigil Companion Program
- New Resident Greeter



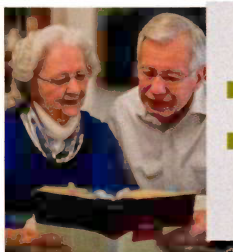
Special Interest Groups

- Friends of the Woods and Wetlands (FOTWAW)-
Caring for Natural Campus Areas & Biodiversity
- Art Committee
- Railroad Train Group (Indoor/Outdoor)
- Environmental Action Group
- Gardening Group
- A Variety of Resident Directed Groups



Music & Game Groups

- Mixed Chorus
- Women's Chorus
- Trips to Fulton Theatre and other Musical Events
- On-Site Concerts
- Men's Ensemble Choral Group
- Bingo
- Game Night
- Bocce Club
- Bridge Club
- Pinochle



Spiritual Activities

- Women's Bible Study
- Hymn Sings
- Global Disciples
- LMC/EMM Prayer Gathering
- Silent Prayer Group

Pool Schedule



SAMPLE SCHEDULE - SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Open Swim 7:00 – 9:00am	*Open Swim 7am – 12pm	*Open Swim 7:00 – 9:00am	*Open Swim 7am – 12pm	*Open Swim 7:00 – 9:00am	*Open Swim 8:00 – 10:00am
Aqua Fit 9:00 - 9:45am		Aqua Fit 9:00 - 9:45am		Aqua Fit 9:00 - 9:45am	
Joints in Motion 10:00 - 10:45am		Balance 10:00 - 10:45am		Joints in Motion 10:00 - 10:45am	Volleyball <i>(residents <u>only</u>)</i> 10:00 – 11:45am
*Open Swim 11am – 12pm		*Open Swim 11am – 12pm		*Open Swim 11am – 12pm	
Pool Closed 12 to 1 (M – F)			Pool Closed 12 to 12:30 (Sat.)		
Walkercise 1:00 – 1:45pm	Tai Chi 1:00 – 1:45pm	Step & Bike 1:00 – 1:45pm	Walkercise 1:00 – 1:45pm	Open Swim <i>(residents <u>only</u>)</i> 1:00 – 3:00pm	*Open Swim 12:30 – 2:00pm
*Open Swim 1:45 – 5:30pm	* Volleyball 2:00 – 4:00pm	Open Swim <i>(residents <u>only</u>)</i> 2:00 – 3:00pm	* Volleyball 2:00 – 4:00pm		
	*Open Swim 4:00 – 5:30pm	*Open Swim 3:00 – 5:30pm	*Open Swim 4:00– 5:30pm	*Open Swim 3:00 – 5:00pm	Have a great weekend!

Class Intensity:

Low
Moderate
High

Classes are for residents only, no guests.

Pool Office:
x3998

Note: the pool is closed from 10:00 to 10:30am every 2nd Tuesday of the month for special programming

* Asterisk represents times when guests of residents are permitted. Guests must be accompanied by the resident.

Spa can be used during any Open Swim time, but not during classes or volleyball.

Enjoy!

Fitness Schedule

SAMPLE SCHEDULE - SUBJECT TO CHANGE

Wellness

- at -
Landis
Homes

Monday	Tuesday	Wednesday	Thursday	Friday
Functional Fit 8:00 – 8:45am WS		Functional Fit 8:00 – 8:45am WS		Functional Fit 8:00 – 8:45am WS
Power Circuit 9:00 – 9:45am WS	Balance 2 9:00 – 9:45am WS	Mat Mania 9:00 – 9:45am WS	Balance 2 9:00 – 9:45am WS	Power Circuit 9:00 – 9:45am WS
**Parkinson's 10:30am – 11:30am WS		Line Dancing 10:00am – 12:00pm WS	**Parkinson's 10:30am – 11:30am WS	**Rhythmic Drumming 10:00 – 10:45am WS
	**Chair Yoga 11:00 – 11:45am WS			**Chair Yoga 11:00 – 11:45am WS
Neuro Flex 2:30 – 3:00pm WS	Balance 1 2:30 – 3:00pm WS	Neuro Flex 2:30 – 3:00pm WS	Balance 1 2:30 – 3:00pm WS	Neuro Flex 2:30 – 3:00pm WS

Class Intensity:

Low

Moderate

High

Class Locations:

WS: Wellness Studio

CG: Crossings Green

Wellness Office:

x3084

wellness@landis.org

**** Specialty classes offered at an additional fee-for-service (no charge for all other classes)**

- ✓ Medical Clearance is required for all new participants
- ✓ Contact the wellness office for more information about the fitness classes and the Parkinson's Wellness Program.