



# TUNE IN TO CHANNEL 88 ACTIVITIES: August 3 – August 9



## Monday August 3

9:30-10 Flexible Fitness  
 10:00 First Presbyterian Service  
 2-3:00 Bingo Live  
 3:30 St. John's Service

## Thursday August 6

9-9:30 Chair Dance  
 1-1:30 Hands in Motion  
 7:00 Entertainment  
 "Cirque du Soleil: One Night for One Drop"

## Saturday August 8

9-9:30 Chair Chi  
 7:00 Movie  
 "A Star is Born"  
 (2018, Rated R)  
 2 hr, 16 min

## Tuesday August 4

9:30-10 Sit and Fit  
 10:30 Catholic Service  
 1-1:30 Hands in Motion  
 2:00 Wesley United Methodist Service

## Friday August 7

9:30-10 Sit and Fit  
 10:00 Coffee:  
 "Oldie but Goodie"  
 Performance by  
 the Silver Chords  
 1-1:30 Chair Chi  
 2-3:00 Bingo Live  
 7:00 Movie  
 "Top Gun"  
 (1986, Rated PG)  
 1 hr, 49 min

## Sunday August 9

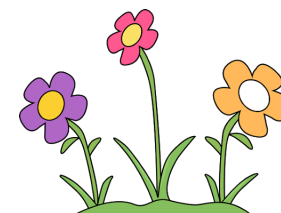
9:00 Live Streaming of  
 Calvary United Methodist  
 Church Service  
 10:00 Live Streaming of  
 2nd Presbyterian  
 Church Service  
 3:30 Vespers Service  
 Rev. Scott Moore  
 Jacob's Well  
 Community Church

## Wednesday August 5

9:30-10 Flexible Fitness  
 10:00 Coffee:  
 "The Emancipation  
 Proclamation and  
 Abraham Lincoln's  
 Evolving Views on Slavery"  
 by the McLean Co.  
 Museum of History  
 1-1:30 Chair Chi  
 3:00 Broadway Theatre  
 "Les Miserable"

## ASSISTED LIVING EXERCISE

**Monday — Friday**  
**3rd Floor Dining Room**  
**11:15-11:45**





# JOIN IN ON VILLAGE ACTIVITIES FROM: August 3—August 9



## Monday August 3

- 10:00 Bean Bags - SC
- 11:00 Balance Class - WC  
Please adhere to your assigned time
- 11:15 AL Exercise - AL Dining Room
- 1:00 A Study of the Psalms  
Bible Study - RC1

## Tuesday August 4

- 11:15 AL Exercise - AL Dining Room
- 1:00 PBS DVD - RC1&2  
"The Royal House of Windsor:  
Shadow of a King"
- 1:00 Hands in Motion  
- Foundation Walk
- 2:00 Dealing with Loss - RC3
- 2:00 Advanced Cardio - WC
- 3:30 Guided Meditation - RC1

## Wednesday August 5

- 11:00 Advanced Balance Class - WC  
Please adhere to your assigned time
- 11:15 AL Exercise - AL Dining Room
- 1:00 Art Class - AC
- 1:00 Chair Chi - Foundation Walk
- 1:00 Bible Study-RC3

## Thursday August 6

- 9:00 Chair Dance - Foundation Walk
- 10:00 Short Story - RC1
- 10:00 Line Dancing - AC
- 11:15 AL Exercise - AL Dining Room
- 1:00 Hands in Motion  
- Foundation Walk
- 2:00 Reel Rundown - RC1&2  
"Night on Earth: Frozen Nights"
- 2:00 Advanced Cardio - WC
- 3:45 Technology Help - SC

## Friday August 7

- 11:00 Advanced Balance - WC  
Please adhere to your assigned time
- 11:15 AL Exercise - AL Dining Room
- 1:00 Chair Chi - Foundation Walk
- 3:00 Balance Class - WC  
Please adhere to your assigned time

## Saturday August 8

- 1:00 Art Class - AC

## Sunday August 9

**AC - Arts and Crafts**  
**CR - Club Room**  
**MHC - Martin Health Center**  
**RC1 - Resident Center 1**  
**RC2 - Resident Center 2**  
**RC3 - Resident Center 3**  
**RMR - Resident Meeting Room**  
**SC - Social Center**  
**WC - Wellness Center**

## Stay Strong! Stay Active!

**~RESIDENT STORE~**

Monday-Friday  
 9:00 a.m. — 4:00 p.m.  
 Saturdays  
 9:00 a.m.—1:00 p.m.