



# JOIN IN ON VILLAGE ACTIVITIES FROM: July 19—July 25



## Monday July 19

9:00 Flexible Fitness - RC2&3  
 10:00 Bean Bags - RC1  
 10:00 Cardio Drumming - RC2&3  
 10:45 Cardio Drumming - RC2&3  
 11:00 Balance Class - WC  
 1:00 Bridge - CR  
 1:00 Bible Study— RC1  
 1:00 Cardio Drumming - WC  
 2:00 Current Events— RC3  
 3:00 Chair Yoga - WC  
 3:00 Bingo - RC1,2&3  
 Please bring your cards & markers!

## Tuesday July 20

9:00 Sit, Stand and Move - RC2&3  
 Please bring your band  
 1:00 PBS DVD - RC1  
 "Ken Burns: Baseball: Inning 8 part 2"  
 1:00 Hands in Motion - FW  
 2:00 Advanced Cardio - WC  
 3:00 Social Hour - CR

## Wednesday July 21

9:00 Flexible Fitness - RC2&3  
 11:00 Advanced Balance Class - WC  
 1:00 Art Class - AC  
 1:00 Chair Chi - FW  
 2:00 Bible Study - RMR  
 3:00 Needlework Group - RMR

## Thursday July 22

8:45 Jewel/Osco Grocery Trip  
 9:00 Chair Dance - FW  
 9:15 Kroger Grocery Trip  
 10:00 Line Dancing - AC  
 10:00 Resident Council— RC1  
 10:00 Short Story - RC3  
 10:15 Jewel/Osco Grocery Trip  
 10:45 Kroger Grocery Trip  
 1:00 Hands in Motion - FW  
 1:30-3:30 Walmart/Meijer/Dollar Store Trip  
 2:00 Reel Rundown - RC2  
 "David Attenborough: From Dessert to Grasslands"  
 2:00 Advanced Cardio - WC  
 2:00 Silver Chords Practice - RC1  
 3:00 Social Hour - CR  
 3:45 Technology Help - SC

## Friday July 23

9:00 Sit, Stand & Move - RC2&3  
 Please bring your band  
 10:00 Cards for Carle Hospital— RC1  
 11:00 Advanced Balance - WC  
 1:00 Chair Chi - FW  
 2:00 Bingo - RC1,2&3  
 Bring your cards & markers!  
 3:00 Balance Class - WC

## Saturday July 24

10:00 Morning Art Class - AC  
 1:00 Art Class - AC  
 "Painting Studio"

## Sunday July 24

8:00 Calvary Methodist Church  
 8:00 St. John's Lutheran Church  
 9:15 First Presbyterian Church  
 10:00 2nd Presbyterian Church  
 3:15 Vespers— RC 1 & 2

**AC - Arts and Crafts**  
**CR - Club Room**  
**FW - Foundation Walk**  
**RC1 - Resident Center 1**  
**RC2 - Resident Center 2**  
**RC3 - Resident Center 3**  
**RMR - Resident Meeting Room**  
**SC - Social Center**  
**WC - Wellness Center**

## ~RESIDENT STORE~

Monday  
 9:00 a.m.—4:00 p.m.  
 Tuesday  
 9:00 a.m. — 4:00 p.m.  
 Wednesday  
 9:00 a.m. —2:00 p.m.  
 Thursday & Friday  
 9:00 a.m. — 4:00 p.m.  
 Saturday  
 9:00 a.m.—1:00 p.m.



# TUNE IN TO CHANNEL 88 ACTIVITIES: July 19—July 25

## Monday July 19

9:30-10 Flexible Fitness  
 10:00 First Presbyterian Service  
 3:00 Chair Yoga  
 3:30 St. John's Service

## Tuesday July 20

9:30-10 Sit and Fit  
 10:30 Catholic Service  
 2:00 Wesley United Methodist Service  
 3:00 Shadow Boxing

## Wednesday July 21

9:30-10 Flexible Fitness  
 10:00 Coffee  
 "The Carol Brunett Show"  
 12:00 Wellness Wednesday  
 2:00 Broadway Theatre  
 "Fame: The Musical"

## Thursday July 22

9-9:30 Chair Dance  
 1-1:30 Hands in Motion  
 7:00 Entertainment  
 "NYO-USA Performs Mahler's Symphony No. 1"

## Friday July 23

9-9:30 Sit and Fit  
 1-1:30 Chair Chi  
 7:00 Movie  
 "Mr. Smith Goes to Washington"  
 (1939, Rated NR)  
 2 hr, 9 min

## Saturday July 24

9-9:30 Chair Dance  
 7:00 Movie  
 "Crazy Rich Asians"  
 (2018, Rated PG-13)  
 2 hr, 1 min

## Sunday July 25

9:00 Live Streaming of  
 Calvary United Methodist  
 Church Service  
 10:30 Live Streaming of  
 2nd Presbyterian  
 Church Service

Check Channel 3  
 for movie  
 descriptions

Return Rinsed Reusable  
 Take Out Containers  
 to Y-Lounge Receptacles  
 on Each Floor or to Receptacles Near  
 the Entrance to the Dining Rooms

## Church Drives

Sign up in the Red Book  
 by Friday of Each Week  
 for the following  
 Sunday!





# TUNE IN TO CHANNEL 88 ACTIVITIES: July 19—July 25



## Monday July 19

9:30-10 Flexible Fitness  
 10:00 First Presbyterian Service  
 3:00 Chair Yoga  
 3:30 St. John's Service

## Tuesday July 20

9:30-10 Sit and Fit  
 10:30 Catholic Service  
 2:00 Wesley United Methodist Service  
 3:00 Shadow Boxing

## Wednesday July 21

9:30-10 Flexible Fitness  
 10:00 Coffee  
     "The Carol Brunett Show"  
 12:00 Wellness Wednesday  
 2:00 Broadway Theatre  
     "Fame: The Musical"

## Thursday July 22

9-9:30 Chair Dance  
 1-1:30 Hands in Motion  
 7:00 Entertainment  
     "NYO-USA Performs Mahler's  
     Symphony No. 1"

## Friday July 23

9-9:30 Sit and Fit  
 1-1:30 Chair Chi  
 7:00 Movie  
     "Mr. Smith Goes to  
     Washington"  
     (1939, Rated NR)  
     2 hr, 9 min

## Saturday July 24

9-9:30 Chair Dance  
 7:00 Movie  
     "Crazy Rich Asians"  
     (2018, Rated PG-13)  
     2 hr, 1 min

## Sunday July 25

9:00 Live Streaming of  
 Calvary United Methodist  
 Church Service  
 10:30 Live Streaming of  
 2nd Presbyterian  
 Church Service

### ~RESIDENT STORE~

Monday  
 9:00 a.m.—4:00 p.m.  
 Tuesday  
 9:00 a.m. — 4:00 p.m.  
 Wednesday  
 9:00 a.m. — 2:00 p.m.  
 Thursday & Friday  
 9:00 a.m. — 4:00 p.m.  
 Saturday  
 9:00 a.m.—1:00 p.m.

## Church Drives

Sign up in the Red Book  
 by Friday of Each Week  
 for the following  
 Sunday!

**Call the  
 Wellness Center  
 for Individual Fitness  
 Sign Ups  
 319-2581**



# ASSISTED LIVING ACTIVITIES FROM: : July 19—July 25



## Monday July 19

9:00 Flexible Fitness - RC2&3  
 10:00 Bean Bags - RC1  
 10:00 Cardio Drumming - RC2&3  
 10:45 Cardio Drumming - RC2&3  
 11:00 Balance Class - WC  
 1:00 Bridge - CR  
 1:00 Cardio Drumming - WC  
 1:30 Arts and Crafts with Life  
 Enrichment— Bistro  
 2:00 Current Events— RC3  
 3:00 Chair Yoga - WC  
 3:00 Bingo - RC1,2&3  
 Please bring your cards  
 & markers!

## Tuesday July 20

9:30 Bean Bags - 2nd Floor DR  
 11:30 Exercise  
 - 2nd Floor Dining Room  
 1:00 PBS DVD - RC1&2  
 “Ken Burns: Baseball: Inning 8  
 part 2”  
 1:00 Hands in Motion - FW  
 2:00 Dealing w/ Loss— RC3  
**2:00 Outdoor Social— Foundation  
 Walk**  
 3:00 Social Hour— CR

## Wednesday July 21

9:30 Short Story - 2nd Floor Lounge  
 11:30 Exercise  
 - 2nd Floor Dining Room  
 1:00 Art Class - AC  
 1:00 Chair Chi - FW  
 2:00 Bible Study - RMR  
**2:00 AL Birthday Party— 3FDR**  
 2:00 Bingo - 3rd Floor Dining Rm  
 3:00 Needlework Group - RMR

## Thursday July 22

8:45 Jewel/Osco Grocery Trip  
 9:00 Chair Dance - FW  
 9:15 Kroger Grocery Trip  
 10:00 Line Dancing - AC  
 10:00 Short Story - RC3  
 10:15 Jewel/Osco Grocery Trip  
 10:45 Kroger Grocery Trip  
 11:30 Exercise - 2FDR  
 1:00 Hands in Motion - FW  
 1:30-3:30 Walmart/Meijer/Dollar Store  
 Trip  
 2:00 Silver Chords - RC 1  
 2:00 Reel Rundown - RC2  
 “David Attenborough: From  
 Dessert to Grasslands”  
 3:45 Technology Help - SC  
**7:00 4 Hands Concert with WM  
 Residents Carol Churukian and  
 Marcia Hishman— SC**

## Friday July 23

10:00 Cards for Carle Hospital— RC  
 11:30 Exercise - 2FDR  
 1:00 Chair Chi - FW  
 2:00 Bingo - RC1,2&3  
 Please bring your cards  
 & markers!

## Saturday July 24

10:00 Morning Art Class - AC  
 1:00 Art Class - AC  
 “Painting Studio”

## Sunday July 25

8:00 Calvary Methodist Church  
 8:00 St. John’s Lutheran Church  
 9:15 First Presbyterian Church  
 10:00 2nd Presbyterian Church  
 3:15 Vespers— RC 1 &2  
**4:00 Dedication and Social—  
 Foundation Fountain Park**

**AC - Arts and Crafts**  
**CR - Club Room**  
**FW - Foundation Walk**  
**RC1 - Resident Center 1**  
**RC2 - Resident Center 2**  
**RC3 - Resident Center 3**  
**RMR - Resident Meeting Room**  
**SC - Social Center**  
**WC - Wellness Center**

**\*NEW ASSISTED LIVING\***

**2FDR - 2nd Floor Dining Room**  
**3FDR - 3rd Floor Dining Room**  
**2FSR - 2nd Floor Sunroom**  
**3FSR - 3rd Floor Sunroom**  
**TR - Theater Room**