



JOIN IN ON VILLAGE ACTIVITIES FROM: July 26—August 1



Monday July 26

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 **Willows Floor Meeting— Willows Clubhouse**
 11:00 Balance Class - WC
 1:00 Bridge - CR
 1:00 Majongg— RC3
 1:00 Bible Study— RC1
 1:00 Cardio Drumming - WC
 3:00 Chair Yoga - WC
 3:00 Bingo - RC1,2
 Please bring your cards & markers!

Tuesday July 27

9:00 Sit, Stand and Move - RC2&3
 Please bring your band
 1:00 PBS DVD - RC1
 “Ken Burns: Baseball: Inning 9 part 1”
 1:00 Hands in Motion - WC
 2:00 Dealing w/ Loss— RC3
 3:00 Social Hour - CR
 7:30 **Ewing Cultural Center: Shakespeare “Measure for Measure” - BUS AT LIMIT**

Wednesday July 28

9:00 Flexible Fitness - RC2&3
 10:00 **Coffee**
“Master Gardeners: Sue Stroyan and Chris Kraft— Creating a Healing Garden”
 11:00 Advanced Balance Class - WC
 1:00 Art Class - AC
 1:00 Chair Chi - WC
 1:00 Wheeler Dealers— B2F1 Lounge
 2:00 Bible Study - RMR
 3:00 Needlework Group - RMR

Thursday July 29

8:45 Jewel/Osco Grocery Trip
 9:00 Chair Dance - WC
 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
 1:00 Hands in Motion - WC
 1:30-3:30 Walmart/Meijer/Dollar Store Trip
 2:00 Reel Rundown - RC2
 “Tell Me Who I Am – pt 2”
 2:00 Advanced Cardio - WC
 2:00 Silver Chords Practice - RC1
 3:00 Social Hour - CR
 3:45 Technology Help - SC
 6:15 **Franklin Park Concert— Sign Up in Redbook (BUS AT LIMIT)**

Friday July 30

9:00 Sit, Stand & Move - RC2&3
 Please bring your band
 10:00 **Morning Mimosa Concert ft. Community Players Foundation Walk**
 11:00 Advanced Balance - WC
 12:00 **Healing Rides—Please bring your filled out permission slip: Available in Life Enrichment**
 1:00 Chair Chi - WC
 2:00 Bingo - RC1,2&3
 Bring your cards & markers!
 3:00 Balance Class - WC
 7:00 Movie and Popcorn – RC
 “The Lost Husband”
 (2020, PG-13)
 1h 50m

Saturday July 31

***Resident Store will be CLOSED**
 10:00 Morning Art Class - AC
 1:00 Art Class - AC
 “Painting Studio”

Sunday August 1

8:00 Calvary Methodist Church
 8:00 St. John’s Lutheran Church
 9:15 First Presbyterian Church
 10:00 2nd Presbyterian Church
 4:15 Vespers— RC 1 & 2



~RESIDENT STORE~
Monday & 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.



TUNE IN TO CHANNEL 88 ACTIVITIES: July 26 – August 1



Monday July 26

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

Tuesday July 27

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

Wednesday July 28

9:30-10 Flexible Fitness
 12:00 Wellness Wednesday
 2:00 Broadway Theatre
 "Joseph and the Amazing Technicolor Dreamcoat"

Thursday July 29

9-9:30 Chair Dance
 1-1:30 Hands in Motion
 7:00 Entertainment
 "Western Illinois University – Senior Recital"

Friday July 30

9-9:30 Sit and Fit
 1-1:30 Chair Chi

Saturday July 31

9-9:30 Sit and Fit
 7:00 Movie
 "West Side Story"
 (1961, NR)
 2h 32m

Sunday August 1

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!





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 10:00 First Presbyterian Service
 3:00 Chair Yoga
 3:30 St. John's Service

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ASSISTED LIVING ACTIVITIES FROM: : July 26 – August 1



Monday July 26

10:00 Bean Bags - RC1
 10:00 Cardio Drumming - RC2&3
 10:45 Cardio Drumming - RC2&3
 11:30 Exercise Class– 2F Dining Room
12:00 AL Special Meal
Pizza, Breadsticks, Salad, Brownie
 1:00 Bridge - CR
 1:00 Majongg– RC3
 1:00 Bible Study– RC1
 1:00 Cardio Drumming - WC
1:30 Arts and Crafts with Life
Enrichment– Bistro
 3:00 Chair Yoga - WC
 3:00 Bingo - RC1,2
 Please bring your cards
 & markers!

Tuesday July 27

11:30 Exercise Class– 2F Dining Room
 1:00 PBS DVD - RC1
 “Ken Burns: Baseball: Inning 9 pt 1”
 1:00 Hands in Motion - FW
 2:00 Dealing w/ Loss– RC3
 3:00 Social Hour - CR
7:30 Ewing Cultural Center:
Shakespeare “Measure for
Measure” - BUS AT LIMIT

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10:00 **Coffee**
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Chris Kraft– Creating a Healing
Garden”
 11:30 Exercise Class– 2F Dining Room
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10:00 **Morning Mimosa Concert ft.**
Community Players–
Foundation Walk
 11:30 Exercise Class– 2F Dining Room
 1:00 Chair Chi - WC
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NEW ASSISTED LIVING

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



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