



JOIN IN ON VILLAGE ACTIVITIES FROM: August 16 – August 22



Monday August 16

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 Mahjongg - RC3
 1:00 Bridge - CR
 1:00 Bible Study - RC1
 1:00 Cardio Drumming - WC
1:45 Social in Foundation Fountain Park—Ice Cream Treats Served
 2:00 Current Events - RC3
 3:00 Chair Yoga - WC
 3:00 Bingo - RC1,2
 Please bring your cards & markers!

Tuesday August 17

9:00 Sit, Stand and Move - RC2&3
 Please bring your band
 1:00 PBS DVD - RC1
 "Downton Abbey: Episode 2"
 1:00 Hands in Motion - WC
 2:00 Advanced Carido - WC
 3:00 Social Hour - CR
 3:00 Cooking with Life Enrichment-RC1
7:00 Forum— Remembering Eva Wyman & discussion of her book. RC1 & 2

Wednesday August 18

9:00 Flexible Fitness - RC2&3
10:00 Coffee: Time For A Laugh I Love Lucy reruns! RC1 & 2
11:30 Bus Trip to Green Gables Limit 12 – Full
 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
2:00 TED Talk "My Stroke of Insight" Jill Bolte Taylor 2008 RC1
 3:00 Needlework Group - RMR

Thursday August 19

8:45 Jewel/Osco Grocery Trip
 9:00 Chair Dance - WC
 9:15 Kroger Grocery Trip
10:00 Resident Council RC1
 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 - RC3
 Sing On! "Movie Night"
 2:00 Advanced Cardio - WC
 2:00 Silver Chords Practice - RC1
 3:00 Social Hour - CR
 3:45 Technology Help - SC

Friday August 20

9:00 Sit, Stand & Move - RC2&3
 Please bring your band
10:00 Coffee: RC1 & 2 "Progression Through Westminster" guests Michelle Burton and Lindsay Ahart
 11:00 Advanced Balance - WC
 1:00 Chair Chi - WC
 2:00 Bingo - RC1,2&3
 Bring your cards & markers!
7:00 Movie and Popcorn – RC1 & 2 "Harvey" (G 1950 1h 45m)

Saturday August 21

10:00 Morning Art Class - AC
 1:00 Art Class - AC
 "Painting Studio"
7:00 Movie and Popcorn- RC1 & 2 "Greenland" (PG-13 2020 1h 59 m)

Sunday August 22

8:00 Calvary Methodist Church
8:00 St. John's Lutheran Church
9:15 First Presbyterian Church
10:00 2nd Presbyterian Church
 10:00 Virtual Catholic Mass - RC1
 11:15 Holy Communion Distribution – RC1
 4:15 Vespers: Elliott Renfroe

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

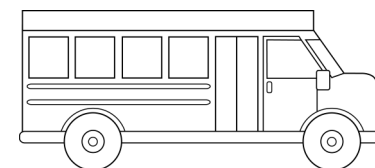


Build Your Own Pasta Lunch

Friday, Aug. 20
 11:30 am-1pm
 in the Landing

SIGN UP FOR BUS RIDES

in the Red
 Book by the IL
 Mailboxes





TUNE IN TO CHANNEL 88 ACTIVITIES: August 16 – August 22



Monday August 16

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

Friday August 20

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

Saturday August 21

9-9:30 Shadow Boxing

Tuesday August 17

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

Sunday August 22

8:30 Live Streaming of Calvary United Methodist Church Service
 10:30 Live Streaming of 2nd Presbyterian Church Service

Wednesday August 18

9:30-10 Flexible Fitness
 12:00 Wellness Wednesday
 2:00 Broadway Theatre "The King and I"

Thursday August 19

9-9:30 Chair Dance
 1-1:30 Hands in Motion
 7:00 Entertainment "Young at Heartland Summer Showcase 2021"



ASSISTED LIVING ACTIVITIES FROM: August 16—August 22



Monday August 16

- 10:00 Bean Bags - RC1
11:30 Exercise Class— 2F Dining Room
 1:00 Mahjongg—RC3
 1:00 Bridge— CR
 1:00 Bible Study— RC1
 1:00 Cardio Drumming - WC
1:30 Arts and Crafts with Life Enrichment— Bistro
1:45 Social in Foundation Fountain Park—Ice Cream Treats Served
 2:00 Current Events— RC3
 3:00 Chair Yoga - WC
 3:00 Bingo - RC1,2
 Please bring your cards & markers!

Tuesday August 17

- 9:30 Bean Bags— 2FDR**
 11:30 Exercise Class— 2F Dining Room
 1:00 PBS DVD - RC2
 "Downton Abbey: Episode 2"
 1:00 Hands in Motion - WC
 3:00 Social Hour - CR
 7:00 Forum— Remembering Eva Wyman & discussion of her book. RC1 & 2

If you would like to attend an event in Independent Living, and need help getting there, please ask your PCA or call the Assisted Living Front Desk and they will find someone to help you.

NEW ASSISTED LIVING

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

Wednesday August 18

- 9:30 Short Story – 2F Patio**
10:00 Coffee: Time For A Laugh I Love Lucy reruns! RC1 & 2
 11:30 Exercise Class – 2F Dining Room
11:30 Bus Trip to Green Gables Limit 12— Full
 1:00 Art Class - AC
 1:00 Ted Talk – RC1
 1:00 Chair Chi - WC
 1:00 Wheeler Dealers – B2F1 Lounge
2:00 Bingo – 3FDR
 2:00 Bible Study - RMR
 3:00 Needlework Group - RMR

Thursday August 19

- 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
 11:30 Exercise Class – 2F Dining Room
 1:00 Hands in Motion - WC
 1:30-3:30 Walmart/Meijer/Dollar Store Trip
2:00 AL Birthday Party 3rd Floor Dining Room
 2:00 Reel Rundown - RC2
 Sing On! "Movie Night"
 2:00 Silver Chords Practice - RC1
 3:00 Social Hour - CR
 3:45 Technology Help - SC

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

Friday August 20

- 10:00 Coffee RC1&2
 "Progression Through Westminster" guests Michelle Burton and Lindsay Ahart
11:30 Exercise Class— 2F Dining Room
1:00 Movie Matinee-1Floor Theater "Meet Me in St. Louis" (Not Rated, 1944 1h 53 min)
 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 – RC1 & 2
 "Harvey" (G 1950 1h 45m)

Saturday August 21

- 10:00 Morning Art Class - AC
 1:00 Art Class - AC
 "Painting Studio"
 7:00 Movie and Popcorn- RC1 & 2
 "Greenland"
 (PG-13 2020 1h 59 m)

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 10:00 Virtual Catholic Mass - RC1
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