



JOIN IN ON VILLAGE ACTIVITIES FROM: August 23 – August 29



Monday August 23

- 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 Bible Study– RC1
- 1:00 Cardio Drumming - WC
- 2:00 Rootbeer Floats– The Landing**
- 3:00 Chair Yoga - WC
- 3:00 Bingo - RC1,2
Please bring your cards & markers!
- 7:00 B1F1, B1F3, B2F1, B2F2, B2F3 Floor Meetings– Y Lounge**
- 7:00 Building 3 Floor Meeting– RC1&2**
- 7:00 Building 1F2 Floor Meeting- RC3**

Tuesday August 24

- 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 Cardio - WC
- 2:00 Dealing with Loss– RC3
- 3:00 Social Hour - CR

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

Wednesday August 25

- 9:00 Flexible Fitness - RC2&3
- 10:00 Coffee**
“Progression Through Westminster: Assisted Living”
Brittany Netzke: Assisted Living
RC1 & 2
- 10:30 Bus Trip to Busy Corner– Bus 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 Scenic Bus Trip– Sign up in the Redbook**
- 3:00 Needlework Group - RMR

Thursday August 26

- *Community Players Theatre money due at the front desk**
- 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 Community Players Concert– Fountain Park**
- 2:00 Reel Rundown - RC3
Becoming: Michelle Obama
Documentary Part 2
- 2:00 Advanced Cardio - WC
- 2:00 Silver Chords Practice - RC1
- 3:00 Social Hour - CR
- 3:45 Technology Help - SC

Friday August 27

- * Lexington Castle Gardens Tour Money due at the front desk**
- 9:00 Sit, Stand & Move - RC2&3
Please bring your band
- 10:00 Coffee: RC1 & 2**
“Progression Through Westminster: Memory” **Lori Newberry: Memory Director**
- 11:00 Advanced Balance - WC
- 1:00 Chair Chi - WC
- 2:00 Luau Social with performance by the Uke-aholics– SC**
- 7:00 Movie and Popcorn – RC1 & 2**
“Bridge to Terabithia”
(PG 2007 1h 36m)

Saturday August 28

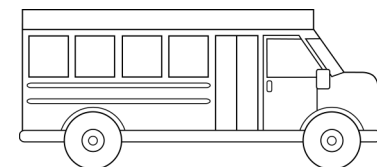
- 10:00 Morning Art Class - AC
- 1:00 Art Class - AC
“Painting Studio”
- 7:00 Movie and Popcorn- RC1 & 2
“Hobson’s Choice”
(NR 1954 1h 47 m)

Sunday August 29

- 8:00 Calvary Methodist Church
- 8:00 St. John’s Lutheran Church
- 9:00 2nd Pres. Breakfast, church to follow outdoors
- 9:15 First Presbyterian Church
- 10:00 Virtual Catholic Mass - RC1
- 11:15 Holy Communion Distribution – RC1
- 4:15 Vespers

SIGN UP FOR BUS RIDES

in the Red
Book by the IL





TUNE IN TO CHANNEL 88 ACTIVITIES: August 23 – August 29



Monday August 23

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

Tuesday August 24

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

Wednesday August 25

9:30-10 Flexible Fitness
 12:00 Wellness Wednesday
 2:00 Broadway Theatre "Memphis"

Thursday August 26

9-9:30 Chair Dance
 1-1:30 Hands in Motion
 7:00 Entertainment "Cirque du Soleil – Cabinet of Curiosities, "O" and LUZIA "

Friday August 27

9:30-10 Sit and Fit
 1-1:30 Chair Chi

Saturday August 28

9:30-10 Chair Chi
 7:15 Movie The Best Exotic Marigold Hotel (PG-13, 2h 4m, 2011)

Sunday August 29

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



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 1-1:30 Chair Chi

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 7:15 Movie
 The Best Exotic Marigold Hotel
 (PG-13, 2h 4m, 2011)

Sunday August 29

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

Church Service

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.

ASSISTED LIVING ACTIVITIES FROM: August 23— August 29



Monday August 23

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
 3:00 Chair Yoga - WC
 3:00 Bingo - RC1,2
 Please bring your cards & markers!

Tuesday August 24

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
2:00 AL Resident Meeting— 3FDR
2:00 Rootbeer Floats— 3FDR
 2:00 Dealing with Loss— RC3
 3:00 Social Hour - CR

Wednesday August 25

9:30 Short Story – 2F Patio
10:00 Coffee
 "Progression Through Westminster: Assisted Living"
 Brittany Netzke: Assisted Living RC1 & 2
10:30 Bus Trip to Busy Corner— Bus Full
 11:30 Exercise Class – 2F Dining Room
 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 Scenic Bus Trip— Sign up in the Redbook
 2:00 Bible Study - RMR
 3:00 Needlework Group - RMR

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 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 Community Players Concert— Fountain Park
 2:00 Reel Rundown - RC3
 Becoming: Michelle Obama Documentary Part 2
 2:00 Silver Chords Practice - RC1
 3:00 Social Hour - CR
 3:45 Technology Help - SC

Friday August 27

*** Lexington Castle Gardens Tour Money due at the front desk**
10:00 Coffee: RC1 & 2
 "Progression Through Westminster: Memory" Lori Newberry: Memory Director
11:30 Exercise Class— 2F Dining Room
1:00 Movie Matinee-1Floor Theater
 "Singing in the Rain"
 (G, 1952 1h 43 min)
 1:00 Chair Chi - WC
2:00 Luau Social with performance by the Uke- aholics— SC
 7:00 Movie and Popcorn – RC1 & 2
 "Bridge to Terabithia"
 (PG 2007 1h 36m)

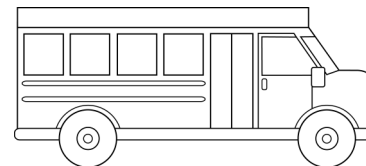
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10:00 Morning Art Class - AC
 1:00 Art Class - AC
 "Painting Studio"
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"Hobson's Choice"
 (NR 1954 1h 47 m)

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8:00 Calvary Methodist Church
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 9:15 First Presbyterian Church
 10:00 Virtual Catholic Mass - RC1
 11:15 Holy Communion Distribution – RC1
 4:15 Vespers

SIGN UP FOR BUS RIDES
in the Red Book by the IL Mailboxes



NEW ASSISTED LIVING

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

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