



TUNE IN TO CHANNEL 88 ACTIVITIES: September 20—September 26



Monday September 20

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

Tuesday September 21

9:30-10 Sit and Fit
 10:30 Catholic Service
 1:00 PBS DVD - RC1
 "Downton Abbey: Episode 6"
 2:00 Wesley United Methodist
 Service
 3:00 Shadow Boxing

Wednesday September 22

9:30-10 Flexible Fitness
 1:00 Chair Chi
 3:00 Broadway Theatre
 "Allegiance"

Thursday September 23

9-9:30 Chair Dance
 1-1:30 Hands in Motion
 2:00 Reel Rundown:
 The Movies That Made Us
 "Pretty Women"
 7:00 Entertainment
 "Kids Philharmonic Orchestra
 – Exchange Concert II"

Friday September 24

9:30-10 Sit and Fit

Saturday September 25

9:00 Chair Yoga
 7:00 Movie
 "The Blind Side"
 (2009 PG13 2h 6m)

Sunday September 26

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



ASSISTED LIVING VILLAGE ACTIVITIES FROM: September 20 – September 26



Monday September 20

- 9:00** *Cemetery Walk Money Due
Miller Park Zoo Trip– Sign up in the Red Book
- 10:00 Bean Bags - RC1
- 11:30 AL Exercise– 3F Sunroom
- 12:00 AL Special Meal– 3FDR Taco Salad Bowls**
- 1:00 Mahjongg - CR**
- 1:00 Bible Study– RC1
- 2:00 Arts and Crafts with Life Enrichment– Bistro**
- 3:00 Chair Yoga - WC
- 3:00 Bingo - RC1,2
Please bring your cards & markers!

Tuesday September 21

- 9:30 Bean Bags– 3F Sunroom**
- 11:30 AL Exercise - 3F Sunroom
- 1:00 Hands in Motion– WC
- 2:00 AL Resident Meeting– 3F Sunroom**
- 2:00 Dealing with Loss - RC3
- 3:00 Cooking w/ Life Enrichment– RC1**

Wednesday September 22

- 9:00 Apple Cider Donut Pick Up– The Hearth**
- 9:30 Short Story– 2F Lounge**
- 10:00 Coffee: Monarch Butterflies with Kay Hendricks RC1 & 2**
- 11:00 *Lunch Trip to Mackinaw Tea Room has been changed*
Now Ancho & Agave- FULL
- 11:30 AL Exercise - 3F Sunroom
- 1:00 Art Class - AC
- 1:00 Chair Chi– WC
- 1:00 Wheeler Dealers– B2F1 Lounge
- 2:00 Bible Study– RMR
- 2:00 Bingo - AL Dining Rm
- 2:30 Conversation Circles– RC**

Thursday September 23

- 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 AL Exercise– 3F Sunroom
- 1:00 Hands in Motion - WC
- 1:30-3:30 Walmart/Meijer/Dollar Store Trip
- 3:00 Social Hour - CR
- 3:45 Technology Help - SC
- 7:00 30 Fingers Piano Concert– SC**

Friday September 24

- 9:30 Charlotte Talkington Garden Tour– See Charlotte’s Home Garden Sign Up in the Red Book**
- 10:00 Coffee: RC1 & 2 “ALS Education: ALS Association of Greater Chicago” Ellen Dalrymple of The Laesch Family**
- 11:30 AL Exercise– 3F Sunroom
- 1:00 Balance Class– WC
- 1:00 AL Matinee Movie “The Book Thief” (2013, PG13, 2h 10m)**
- 2:00 Bingo - RC
Please bring your cards & markers!
- 5:30 College Alumni Club @ Wesleyan Memorial Center– Sign Up in the Red Book**
- 7:00 Movie and Popcorn – RC1 & 2 “Queen Bees” (2021, PG13, 1h 41m)**

Saturday September 25

- 9:00 Fall Craft & Vender Show @ Harvest Moon– Sign Up in the Red Book**
- 10:00 Morning Art Class - AC
- 1:00 Art Class - AC
“Fall Scarecrow”
- 7:00 Movie and Popcorn- RC1 & 2 “In the Heat of the Night” (1967, NR, 1h 50m)**

Sunday September 26

- 8:00 Calvary Methodist Church**
- 8:00 First Presbyterian Church**
- 10:00 2nd Presbyterian Church**
- 10:00 Virtual Catholic Mass - RC1
- 11:15 Holy Communion Distribution – RC1
- 3:45 Connie Link Amphitheater Trip– Jim Markum: Big Band Swing Sign up in the Red Book**
- 4:15 Vespers: Rev. Trey Haddon, Second Presbyterian Church

SIGN UP FOR BUS RIDES
In the Book by  Red the IL

- 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**