

INDEPENDENT LIVING VILLAGE ACTIVITIES FROM: June 20 - June 26

Monday June 20

 **Wear Purple for Alzheimer's & Brain Awareness!**

- 9:00 Flexible Fitness - RC2 & 3
- 10:00 Bean Bags - RC1
- 10:00 Cardio Drumming - WC
- 11:00 Balance Class - WC
- 1:00 Bible Study with Chaplain - RC1
- 1:00 Mahjong - CR
- 2:00 Current Events - RC3
- 3:00 Chair Yoga - WC
- 3:00 Bingo - RC 1, 2 & 3 Please bring your cards & markers!
- 3:00 **B1 F3 Floor Meeting - Y Lounge**
- 7:00 **All Remaining Floor Meetings - Y Lounge**

Tuesday June 21

Summer Begins

- 9:00 Sit, Stand & Move - RC2 & 3
- 9:30 Pop-up Library - SC
- 10:00 Bunco Buddies - RC3
- 1:00 Hands in Motion-WC
- 2:00 Dealing with Loss - RC3
- 2:00 Advanced Cardio - WC
- 3:00 Cooking with Life Enrichment - RC3
- 3-5:00 Social Hour - CR
- 7:00 Forum: Blessed Are Those Who Mourn: Survivor's Remorse by Rev. B. Elliott Renfroe and Lori Newberry, Memory Coordinator - RC 1, 2 & 3

Wednesday June 22

- 9:00 Flexible Fitness - RC2 & 3
- 10:00 Coffee: Blessed Are Those Who Mourn: Survivor by Lori Newberry, Memory Coordinator - RC 1, 2 & 3
- 10:45 **Walker & Wheelchair Checks with Therapy - SC**

- 11:00 Advanced Balance Class - WC
- 1:00 Art Studio "Open Studio Time"- AC
- 1:00 **NEW Hand & Foot Card Game - RC1**
- 2:00 Bible Study: David Eaton - RMR
- 3:00 **CANCELLED DUE TO WEATHER Outdoor Games - Foundation Fountain Park**
- 3:00 Mat Yoga - WC
- 3:00 Needlework Group - RMR

Thursday June 23

Grocery Shopping Trip Day

9:00-2:00 Voting Day - RC3

- 10:00 Cardio Drumming - WC
- 10:00 IL Short Story - RC3
- 1:00 Hands in Motion - WC
- 1:00 Visit from Bunny Bestie "Carrots" - SC
- 1:30 **Movie Committee - RMR**
- 2:00 Silver Chords Practice - RC1
- 2:15 Line Dancing - The Landing
- 3-5:00 Social Hour - CR
- 3:45-4:00 Tech Help - SC
- 7:00 **Four-Hands Music Program - SC**

Friday June 24

- 9:00 Sit, Stand & Move - RC2 & 3
- 10:00 Coffee: Blessed Are Those Who Mourn: Loss of Legacy by Rev. B. Elliott Renfroe and Lori Newberry - RC 1, 2 & 3
- 11:00 Advanced Balance - WC
- 11:30 **Pizza Payaa for Lunch Trip**
- 1:00 Midday Movie - *All are welcome!* AL 1st Floor Theater - "National Lampoon's European Vacation" (1985, PG - 13)
- 1:00 Balance Class - WC
- 2:00 **Afternoon Drive Trip**
- 2:00 Bingo - RC 1, 2 & 3 Please bring your cards & markers!

- 7:00 Movie & Popcorn - RC 1, 2 & 3 "Soylent Green" (1973, PG TV-MA) Resident Requested

Saturday June 25

- 10:00 Art Class - 3F CR
- 1:15 **Heartland Theatre: "The Campout" Matinee Trip**
- 7:00 Movie & Popcorn - RC 1, 2 & 3 "Cheaper by the Dozen" (1950, NR)

Sunday June 26

- 8:00 St. Johns Church Trip (service at 8:30 a.m.)
- 8:30 Calvary Methodist Church Trip (service at 9:00 a.m.)
- 9:15 First Presbyterian Church Trip (service at 10:00 a.m.)
- 10:00 2nd Presbyterian Church Trip (service at 10:30 a.m.)
- 10:00 Virtual Catholic Mass - RC1
- 11:15 Holy Communion Distribution - RC1
- 2:00 AL Vespers with Rev. Jim Davis - 3F Sunroom
- 2:15 **"The Sound of Music" Trip**
- 4:15 Vespers with Mackenzie Jager, Director of Ministry, Second Pres - RC1



Sign up for the New Book Discussion Group! See the sign

up sheet located on the Life Enrichment Board.



TUNE IN TO CHANNEL 88 ACTIVITIES: June 20 - June 26

Monday June 20

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

Tuesday June 21

- 9:30-10 Sit and Fit
- 10:30 Catholic Service
- 1:00 PBS: Ken Burns: The West - Ghost Dance
- 2:00 Wesley United Methodist Service
- 3:00 Shadow Boxing

Wednesday June 22

- 9:30-10 Flexible Fitness
- 1-1:30 Chair Chi
- 2:00 Broadway Theatre: "Lady Day at Emerson's Bar & Grill" (2016)
- 6:30 At Home Movie Night "Emma" (2020, PG)

Thursday June 23

- 9-9:30 Chair Dance
- 1-1:30 Hands in Motion
- 2:00 Reel Rundown: "In the Sun"
- 7:00 Entertainment: "Four Over Forty Barbershop Quartet"

Friday June 24

- 9:00 Sit and Fit
- 7:00 Movie: "Wonder" (2017, PG)

Saturday June 25

- 9-9:30 Flexible Fitness
- 7:00 "Children of a Lesser God" (1986, R) Resident Requested

Sunday June 26

- 9:00 Live Streaming of Calvary United Methodist Church
- 10:30 Live Streaming of Second Presbyterian Church
- 7:00 Sunday Evening Classic: "The Wizard of Oz" (1939, PG) Resident Requested

AC - Arts and Crafts
 CR - Club Room
 FP - Fountain Park
 RC1, 2, & 3 - Resident Centers 1, 2, & 3
 SC - Social Center, WC - Wellness Center
 2F SR- 2nd Floor Sun Room
 3F CR - 3rd Floor Card Room
 3F SR - 3rd Floor Sunroom
 Special Events
 Live Entertainment
 Special Trips



June is National Fresh Fruit & Vegetable month!

Fruits and vegetables provide a variety of vitamins, minerals, and fiber, which makes them an important part of a healthy diet. This month, plan to add a fresh fruit or vegetable to one of your meals every day.

Keep your eyes peeled for information on various fruits and vegetables shown on channel 3 and on flyers posted across the campus.

REMEMBER TO VOTE!



Primary: Thursday, June 23

Location: RC3

Time: 9:00 a.m. - 2:00 p.m.

Reminder: Please be sure to have your voters card updated with your current Westminster address prior to election day.

Take me out to the ball game!

Normal Cornbelters vs. Alton River Dragons



Complementary tickets and picnic provided! Sign-up in the **Red Book** or Contact Mindy Allen, First State Bank at (309) 663 - 7124.

Date: Sunday, July 10

Time: 1:00 p.m.

Location: Corn Crib

Bus Leaves: 12:15 p.m.



ASSISTED LIVING VILLAGE ACTIVITIES FROM: June 20 - June 26



Monday June 20

 **Wear Purple for Alzheimer's & Brain Awareness!**

- 9:00 Musical Monday Morning - 2F SR
- 11:30 AL Exercise - 3F SR
- 12:00 AL Special Buffet Lunch - 3F Dining Room

Pizza & Salad Special Lunch
Cheese, Sausage, Peperoni, Veggie Side Salad, Fresh Fruit and Brownie Dessert

- 1:00 Bible Study with Chaplain - RC1
- 2:00 Arts and Crafts - "Summer Trees With Lisa" - 3F CR
- 2:45-3:45 Lisa's Office Hours - 3F CR
- 3:00 Chair Yoga - WC
- 4:00 Blood Pressure Checks - 3F SR

Tuesday June 21

Summer Begins

- 9:30 Bean Bags - 3F SR
- 10:30-11:30 Pop-up Library - 3F SR
- 11:30 AL Exercise - 3F SR
- 1:00 Hands in Motion - WC
- 1:30 Baking Buddies - 1F Bistro
- 2:00 AL All Resident Meeting/Social - 3F SR
- 3-5:00 Social Hour - CR
- 6:30 "Planet Earth" video - 1F Theater
- 7:00 Forum: Blessed Are Those Who Mourn: Survivor's Remorse by Rev. B. Elliott Renfroe and Lori Newberry, Memory Coordinator - RC 1, 2 & 3

Wednesday June 22

- 9:30 AL Short Stories - 3F SR

- 10:00 Coffee: Blessed Are Those Who Mourn: Survivor by Lori Newberry - RC 1, 2 & 3
- 11:30 AL Exercise - 3F Sunroom
- 12:30-1:30 Lisa Office Hours - 3F CR
- 2:00 Bingo - 3F SR
- 3:00 **CANCELLED DUE TO WEATHER Outdoor Games - Foundation Fountain Park**
- 3:00 Needlework Group - RMR
- 3:30 Group Piano Lessons - 3F SR
- 6:30 Neighborhood Movie Night with POPCORN! "Emma" (2020, PG)- All Lounges

Thursday June 23

- Grocery Shopping Trip Day**
- 9:00-2:00 Voting Day - RC 3**
- 9:00 Morning Walking Group - FP
- 10:00 Visit from Bunny Bestie "Carrots" - 1F East Lounge
- 11:30 AL Exercise - 3F SR
- 1:00 Hands in Motion - WC
- 1:30 **Movie Committee - RMR**
- 2:00 Silver Chords Practice - RC1
- 3:00 Current Events - 1F Lounge
- 3-5:00 Social Hour - CR
- 4:00 Blood Pressure Checks - 3F SR
- 7:00 **Four-Hands Music Program - SC**

Friday June 24

- 8:30-9:30 Lisa Office Hours - 3F CR
- 9:00 GAME - 3F SR
- 10:00 Community Bible Study led by Dave & Molly Kistner - 3F West Lounge
- 10:00 Coffee: Blessed Are Those Who Mourn: Loss of Legacy by Rev. B. Elliott Renfroe and Lori Newberry, Memory Coordinator - RC 1, 2 & 3

11:30 Pizza Payaa for Lunch Trip

- 11:30 AL Exercise - 3F SR
- 1:00 Midday Movie - *All are welcome!* AL 1F Theater - "National Lampoon's European Vacation" (1985, PG - 13)
- 2:00 Bingo - RC 1, 2 & 3 Please bring your cards & markers
- 2:00 **Afternoon Drive Trip**
- 2:00-4:00 AL Bridge Club - 3F CR
- 3:30 Outdoor Games - FP
- 7:00 Movie & Popcorn - RC 1, 2 & 3 "Soylent Green" (1973, PG TV-MA) Resident Requested

Saturday June 25

- 10:00 Art Class - 3F CR
- 1:15 **Heartland Theatre: "The Campout" Matinee Trip**
- 7:00 Movie & Popcorn - RC 1, 2 & 3 "Cheaper by the Dozen" (1950, NR)

Sunday June 26

- 8:00 St. Johns Church Trip (service at 8:30 a.m.)
- 8:30 Calvary Methodist Church Trip (service at 9:00 a.m.)
- 9:15 First Presbyterian Church Trip (service at 10:00 a.m.)
- 10:00 2nd Presbyterian Church Trip (service at 10:30 a.m.)
- 10:00 Virtual Catholic Mass - RC1
- 11:15 Holy Communion- RC1
- 2:15 **"The Sound of Music" Trip**
- 4:15 Vespers with Mackenzie Jager, Director of Ministry, Second Pres. - RC1



Sign up for the New Book Discussion Group! See the sign up sheet located on the Life Enrichment Board.

TUNE IN TO CHANNEL 88 ACTIVITIES: June 20 - June 26

Monday June 20

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

Tuesday June 21

- 9:30-10 Sit and Fit
- 10:30 Catholic Service
- 1:00 PBS: Ken Burns: The West - Ghost Dance
- 2:00 Wesley United Methodist Service
- 3:00 Shadow Boxing

Wednesday June 22

- 9:30-10 Flexible Fitness
- 1-1:30 Chair Chi
- 2:00 Broadway Theatre: "Lady Day at Emerson's Bar & Grill" (2016)
- 6:30 At Home Movie Night "Emma" (2020, PG)

Thursday June 23

- 9-9:30 Chair Dance
- 1-1:30 Hands in Motion
- 2:00 Reel Rundown: "In the Sun"
- 7:00 Entertainment: "Four Over Forty Barbershop Quartet"

Friday June 24

- 9:00 Sit and Fit
- 7:00 Movie: "Wonder" (2017, PG)

Saturday June 25

- 9-9:30 Flexible Fitness
- 7:00 "Children of a Lesser God" (1986, R) Resident Requested

Sunday June 26

- 9:00 Live Streaming of Calvary United Methodist Church
- 10:30 Live Streaming of Second Presbyterian Church
- 7:00 Sunday Evening Classic: "The Wizard of Oz" (1939, PG) Resident Requested

AC - Arts and Crafts
CR - Club Room
FP - Fountain Park
RC1, 2, & 3 - Resident Centers 1, 2, & 3
SC - Social Center, WC - Wellness Center
2F SR- 2nd Floor Sun Room
3F CR - 3rd Floor Card Room
3F SR - 3rd Floor Sunroom
Special Events
Live Entertainment
Special Trips



June is National Fresh Fruit & Vegetable month!

Fruits and vegetables provide a variety of vitamins, minerals, and fiber, which makes them an important part of a healthy diet. This month, plan to add a fresh fruit or vegetable to one of your meals every day.

Keep your eyes peeled for information on various fruits and vegetables shown on channel 3 and on flyers posted across the campus.

REMEMBER TO VOTE!



Primary: Thursday, June 23

Location: RC3

Time: 9:00 a.m. - 2:00 p.m.

Reminder: Please be sure to have your voters card updated with your current Westminster address prior to election day.

Take me out to the ball game!

Normal Cornbelters vs. Alton River Dragons



Complementary tickets and picnic provided! Sign-up in the **Red Book** or Contact Mindy Allen, First State Bank at (309) 663 - 7124.

Date: Sunday, July 10

Time: 1:00 p.m.

Location: Corn Crib

Bus Leaves: 12:15 p.m.