

INDEPENDENT LIVING VILLAGE ACTIVITIES FROM: July 11 - July 17

Monday July 11

- 9:00 Flexible Fitness - RC2 & 3
- 10:00 IL Bean Bags— **cancelled**
- 10:00 Cardio Drumming - WC
- 10:00 **Guest Speaker Kenny Starnes: What's Coming Up in Space? Speaks about NASA - RC1, 2 & 3**
- 11:00 Balance Class - WC
- 1:00 Color Mixing with Lois Jett - AC
- 1:00 Bible Study—RC1
- 1:00 Bridge - CR
- 2:00 **Root beer Floats and Shriners Calliope Unit Concert - Foundation Garden Park**
- 3:00 Bingo—RC1, 2
- 3:00 Chair Yoga - WC

Tuesday July 12

- 9:00 Sit, Stand & Move - RC2 & 3
- 9:30-11:30 Pop Up Library - SC
- 10:00 **Little Jewels Deliver Cards to residents in Foundation Park**
- 1:00 Hands in Motion - WC
- 1:30 Scrabble with Life Enrichment - CR
- 2:00 Dealing with Loss—RC3
- 2:00 Advanced Cardio - WC
- 3-5:00 Social Hour - CR
- 4:15 Hope Therapy Dogs - SC
- 7:00 Forum—"A Rock Hound" by Howard Little, WV Resident - RC1, 2

Wednesday July 13

- 8:00 **Miller Park Zoo Active Senior Tours Trip**
- 9:00 Flexible Fitness - RC2 & 3
- 10:00 Coffee: A Resident's Process Through Westminster: Assisted Living presented by Brittany Netzke & Lisa Rattan - RC 1, 2
- 11:00 Advanced Balance Class - WC
- 1:00 Mat Yoga - WC

- 1:00 Hand and Foot Card Game - CR
- 1:00 **Guest Speaker: Michelle from Vision Point will speak and check resident's glasses - RC2**
- 1:00-3:00 Painting at the Gazebo with Eldon—meet at the Gazebo
- 2:00 **Extra Silver Chords Pract. - RC1**
- 2:00 Bible Study: David Eaton - RMR
- 6:30 Nostalgia Movie: Rear Window (1954, PG) RC1

Thursday July 14

- Grocery Shopping Trip Day**
- 9:00 Morning Walking Group - FP
- 9:15 **Garden Club Meeting Trip**
- 10:00 Cardio Drumming - WC
- 10:00 Veterans Coffee—RC 1 & 2
- 10:00 IL Short Story - CR
- 1:00 Hands in Motion - WC
- 2:00 **Tony Patton's Retirement Party - SC**
- 2:00 **Silver Chords Pract. - RC1**
- 2:15 Line Dancing - AC
- 2:15 Catholic Mass - RC 3
- 3:00 Sacred Space - RC2
- 3-5:00 Social Hour - CR
- 7:00 **Silver Chords Concert - SC**

Friday July 15

- 9:00 Sit, Stand & Move - RC2 & 3
- 10:00 Coffee: A Resident's Process Through Westminster: Memory presented by Lori Newberry - RC 1, 2
- 11:00 Advanced Balance - WC
- 1:00 Midday Movie - *All are welcome!* AL 1F Theater - "Luca" (2021, PG)
- 1:00 Balance Class - WC
- 1:00 Wheel of Fortune - RC1
- 2:00 Bingo - RC 1, 2 & 3 Please bring your cards & markers!

- 3:30 Outdoor Games - FP
- 6:45 **Prairie Fire Theater: Starry Night Trip**
- 7:00 Movie & Popcorn - RC 1 "The Eyes of Tammy Faye" (2021, PG13)

Saturday July 16

- 8:30 **Glorious Garden Festival Trip**
- 10:00 Art Class - AC
- 1:00 Open Studio Time - AC
- 4:15 **Brass Band of Central IL. Trip**
- 7:00 Movie & Popcorn - RC 1 "Sing 2" (2021, PG)

Sunday July 17

- 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 SR
- 4:15 Vespers with Deacon Lyn A'hearn, St. John's Lutheran Church - RC1
- 5:00 **Foundation Party - Foundation Fountain Park**



TUNE IN TO CHANNEL 88 ACTIVITIES: July 11 - July 17

Monday July 11

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

Tuesday July 12

- 9:30-10 Sit and Fit
- 10:30 Catholic Service
- 1:00 PBS: Ken Burns American Lives: Mark Twain (Part 2)
- 2:15 Wesley United Methodist Service
- 3:00 Shadow Boxing

Wednesday July 13

- 9:30-10 Flexible Fitness
- 1-1:30 Chair Chi
- 2:00 Broadway Theatre: "Brokeback Mountain: the Opera" (2015)

Thursday July 14

- 9-9:30 Chair Dance
- 1-1:30 Hands in Motion
- 2:00 Reel Rundown: "Baking Impossible: Fore! The Love of Mini Golf"
- 7:00 Entertainment: "Illinois Symphony Orchestra: Around the Town Chamber Festival Concert"

Friday July 16

- 9:00 Sit and Fit

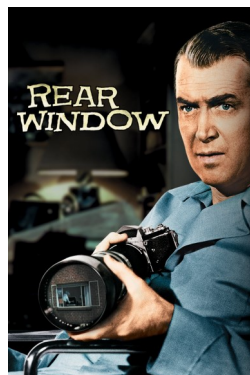
Saturday July 17

- 9-9:30 Shadow Boxing
- 7:00 "National Treasure: book of Secrets" (1957, PG)

Sunday July 10

- 9:00 Live Streaming of Calvary United Methodist Church
- 10:30 Second Presbyterian Church
- 10:30 Live Streaming of Second Presbyterian Church

Movies This Week



Tony Patton's Retirement Party

Date: Thursday, July 14

Time: 2:00 - 4:00 p.m.

Location: Social Center

Refreshments will be served!

Come wish him well on his new adventure!



You'll be missed!

ENJOY YOUR RETIREMENT!



**WASTE NOT.
SAVE A LOT.**

Turn off the lights when you leave a room.

The Green Team



ASSISTED LIVING VILLAGE ACTIVITIES FROM: July 11 - July 17

Monday July 11

- 9:00 Musical Monday Morning - 2F SR
 10:00 **Neighborhood Coffee Hour - 1,2,3 East Lounges**
 10:00 **Guest Speaker Kenny Starnes: What's Coming Up in Space? Speaks about NASA - RC1, 2 & 3**
 11:30 AL Exercise - 3F SR
 1:00 Bible Study - RC1
 2:00 **Root beer Floats and Shriners Calliope Unit Concert - Foundation Garden Park**
 3:00 *Arts and Crafts - "Summer Hat Collage with Lisa"
 *Time changed to 3:00 because of Foundation Garden Park Concert
 2:45-3:45 Lisa's Office Hours - 3F CR
 3:00 Chair Yoga - WC
 3:00 Bingo—RC1, 2
 4:00 Blood Pressure Checks - 3F SR

Tuesday July 12

- 9:30 Bean Bags - 3F SR
 10:00 **Little Jewels Deliver Cards to residents in Foundation Park**
 11:30 AL Exercise - 3F SR
 1:00 Hands in Motion - WC
 1:30 Scrabble with Life Enrichment - CR
 2:00 **AL Birthday Party! - 1F Bistro**
 2:00 Dealing with Loss—RC3
 3-5:00 Social Hour - CR
 3:30 Hope Therapy Dogs - 1F Bistro
 3-5:00 Social Hour - CR
 6:30 "Planet Earth" video - Each Lounge (Ch. 88)
 7:00 Forum—"A Rock Hound" by Howard Little, WV Resident - RC1, 2

Wednesday July 13

- 8:00 **Miller Park Zoo Active Sr. Trip**
 9:30 AL Short Stories - 3F SR
 10:00 Coffee: A Resident's Process Through Westminster: Assisted Living presented by Brittany Netzke & Lisa Rattan - RC 1, 2
 11:30 AL Exercise - 3F Sunroom
 12:30-1:30 Lisa Office Hours - 3F CR
 1:00 **Guest Speaker: Michelle from Vision Point will speak and check resident's glasses - RC2**
 1:30 **Meeting with Barb Nathan in the 3rd Floor Sunroom**
 2:00 **Extra Silver Chords Practice - RC1**
 2:30 *Bingo - 3FSR *Time changed due to meeting
 3:30 Group Piano Lessons - 3FSR

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 9:00 Morning Walking Group - FP
 9:15 **Garden Club Meeting Trip**
 11:30 AL Exercise - 3F SR
 1:00 Hands in Motion - WC
 2:00 **Tony Patton's Retirement Party - SC**
 2:00 Silver Chords Practice - RC1
 3:00 Current Events—1F East Lounge
 4:00 Blood Pressure Checks - 3F SR
 7:00 **Silver Chords Concert - SC**

Friday July 15

- 8:30-9:30 Lisa Office Hours - 3F CR
 9:00 GAME - 3F SR
 10:00 Community Bible Study by Dave & Molly Kistner - 3F West Lounge
 10:00 Coffee: A Resident's Process Through Westminster: Memory presented by Lori Newberry - RC 1, 2 & 3

- 11:30 AL Exercise - 3F SR
 1:00 Midday Movie - *All are welcome!*
 AL 1F Theater - "Luca" (2021, PG)
 2:00 Bingo - RC 1, 2 & 3 Please bring your cards & markers
 2:00 AL Bridge Club - 3F CR
 3:30 Outdoor Games - FP
 6:45 **Prairie Fire Theatre: Starry Night Trip**
 7:00 Movie & Popcorn - RC 1
 "The Eyes of Tammy Faye" (2021, PG13)

Saturday July 16

- 8:30 **Glorious Garden Festival Trip**
 10:00 Art Class - 3F CR
 4:15 **Brass Band of Central Illinois Trip**
 7:00 Movies & Popcorn - RC 1
 "Sing 2" (2021, PG)

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 10:00 Virtual Catholic Mass - RC1
 11:15 Holy Communion - RC1
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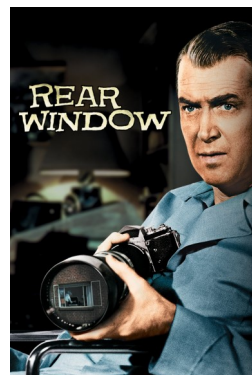
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