

INDEPENDENT LIVING VILLAGE ACTIVITIES FROM: August 1 - August 7

Monday August 1

9:00 Flexible Fitness - RC2 & 3
 10:00 IL Bean Bags - RC1
 10:00 Cardio Drumming - WC
 11:00 Balance Class - WC
 1:00 Bible Study - RC1
 1:00 Mahjong - CR
 2:00 Current Events - RC3
 3:00 Chair Yoga - WC
 3:00 Bingo - RC1, 2 & 3

Tuesday August 2

9:00 Sit, Stand & Move - RC2 & 3
 10:00 Entertainment Committee - RC1
 11:00 Beautification Committee - RC2
 1:00 Hands in Motion - WC
 2:00 Bunco Buddies - RC3
 2:00 Advanced Cardio - WC
 3-5:00 Social Hour - CR

Wednesday August 3

Library Home Delivery

9:00 Flexible Fitness - RC2 & 3
 10:00 Coffee: "Modern Marvels: How Ice Cream is Made" - RC1 & 2
 11:00 Advanced Balance Class - WC
 1:00 Art Studio, Open Studio Time - AC
 1:00 TED Talk: "Life's Third Act by Jane Fonda," - RC1
 2:00 Bible Study: David Eaton - RMR
 3:00 Mat Yoga - WC
 6:15 **Tim Zimmerman and the King's Brass Trip**

Thursday August 4

Grocery Shopping Trip Day

9:00 Morning Walking Group - FP
 9:00 **McLean County Fair Senior Day Trip**
 10:00 Cardio Drumming - WC

10:00 IL Short Story - CR
 1:00 Hands in Motion - WC
 1:30 Low Vision Support Group - RC2
 2:00 Silver Chords Practice - RC1
 2:00 **Central Illinois Banjo Club - SC**
 2:15 Line Dancing - AC
 3:00 Telling Your Story - RC3
 3-5:00 Social Hour - CR
 3:45-4:00 Tech Help - SC
 6:45 **Shakespeare Festival: King Lear Trip**

Friday August 5

9:00 Sit, Stand & Move - RC2 & 3
 10:00 Coffee: "Nova - Ultimate Space Telescope" - RC1 & 2
 11:00 Advanced Balance - WC
 1:00 Midday Movie - *All are welcome!*
 AL 1F Theater - "Diary of a Wimpy Kid: Dog Days" (2009, PG)
 1:00 Balance Class - WC
 1:00 Bingo - RC1, 2 & 3 Please bring your cards & markers! *TIME CHANGE THIS WEEK ONLY*
 2:30 **Esten Garey Piano Performance - SC**
 3:30 Outdoor Games - FP
 6:15 **Nander Novaes Classical Guitar Recital Trip**
 7:00 Movie & Popcorn - RC1
 "12 Mighty Orphans" (2021, PG - 13)

Saturday August 6

10:00 Arts & Crafts - AC
 1:00 Open Studio Time - AC
 7:00 Movie & Popcorn - RC 1
 "French Kiss" (1995, PG-13)

Sunday August 7

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
 2:15 **Man Of La Mancha Trip**
 4:15 Vespers with Rev. Dr. Andrew Gifford, St. Luke Union - RC1

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

 **Tech@Home**
 -Connecting People with Technology-

Tuesday & Thursday
 9:30 a.m. - 12:00 p.m.
 12:30 p.m. - 5:00 p.m.

Michael Lynn
 (414) 219-9806
techathome@parasolalliance.com

TUNE IN TO CHANNEL 88 ACTIVITIES: August 1 - August 7

Monday August 1

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

Tuesday August 2

- 9:30-10 Sit and Fit
- 10:30 Catholic Service
- 1:00 PBS: Mayo Clinic and the White House
- 2:15 Wesley United Methodist Service
- 3:00 Shadow Boxing

Wednesday August 3

- 9:30-10 Flexible Fitness
- 1-1:30 Chair Chi
- 2:00 Broadway Theatre: "American Theatre Wing Centennial Concert." Celebrate 100 years of the American Theatre Wing with this star-studded concert featuring favorite showtunes from the past century.

Thursday August 4

- 9-9:30 Chair Dance
- 1-1:30 Hands in Motion
- 2:00 Reel Rundown: "Blown Away Episode, Season 1, Episodes 1 & 2"
- 7:00 Civic Orchestra: 100th Anniversary Virtual Concert

Friday August 5

- 9:00 Sit and Fit

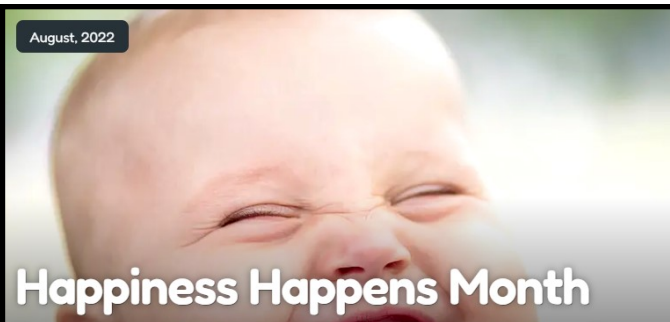
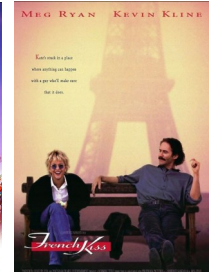
Saturday August 6

- 9-9:30 Chair Dance
- 7:00 "The Guardian," in honor of Coast Guard Day (2006, PG-13)

Sunday August 7

- 9:00 Live Streaming of Calvary United Methodist Church
- 10:30 Live Streaming of Second Presbyterian Church
- 7:00 "Bride & Prejudice" in recognition of Indian Independence Day (2004, PG - 13)

Movies, Broadway & Documentaries



August is Happiness Happens Month. Be on the look out for a 😊 face in your mail boxes. Write what makes you happy on the 😊 face and return it to the Life Enrichment Office. Then go to the front desk and have a look at all your 😊 on the windows across from the front desk!

WASTE NOT. SAVE A LOT.

Do everyone favor. Be an electricity saver.

The Green Team



ASSISTED LIVING VILLAGE ACTIVITIES FROM: August 1 - August 7

Monday August 1

- 9:00 Musical Monday Morning - 2F SR
 10:00 **NEW! Travel Topics Group**
 - 1F Bistro
 11:30 AL Exercise - 3F SR
 1:00 Bible Study - RC1
 2:00 AL Arts & Crafts with Lisa "Butterfly
 Broaches with Lisa" - 3F CR
 2:30 Sundae Monday - 1F Bistro
 2:45-3:45 Lisa's Office Hours - 3F CR
 3:00 Chair Yoga - WC
 3:00 Bingo - RC1, 2 & 3
 4:00 Blood Pressure Checks - 3F SR

Tuesday August 2

- 9:30 Bean Bags - 3F SR
 10:00 Entertainment Committee - RC1
 11:00 Beautification Committee - RC2
 11:30 AL Exercise - 3F SR
 1:00 Hands in Motion - WC
 1:30 Baking Buddies - 1F Bistro
 3-5:00 Social Hour - CR

Wednesday August 3

- 9:30 AL Short Stories - 3F SR
 10:00 Coffee: "Modern Marvels: How
 Ice Cream is Made" - RC1 & 2
 11:30 AL Exercise - 3F SR
 12:30-1:30 Lisa Office Hours - 3F CR
 1:15 AL Food Committee Meeting
 - 3F SR
 1:30 Health Check - in Meeting with
 Nurse - 3F SR
 2:00 Bingo - 3F SR
 3:30 Group Piano Lessons - 3F SR
 6:15 **Tim Zimmerman and the King's
 Brass Trip**

Thursday August 4

- Grocery Shopping Trip Day**
 9:00 Morning Walking Group - FP

9:00 **McLean County Fair Senior Day Trip**

- 11:00 Widget Cart - 3F SR
 11:30 AL Exercise - 3F SR
 1:00 Hands in Motion - WC
 2:00 Silver Chords Practice - RC1
 2:00 **Central Illinois Banjo Club - SC**
 3:00 Dealing with Change - 2F Private
 Dining Room
 3-5:00 Social Hour - CR
 4:00 Blood Pressure Checks - 3F SR
 6:45 **Shakespeare Festival: King Lear
 Trip**

Friday August 5

- 8:30-9:30 Lisa Office Hours - 3F CR
 9:00 Games - 3F SR
 10:00 Bible Study with Dave
 and Molly Kistner- 3F West
 Lounge
 10:00 Coffee: "Nova - Ultimate Space
 Telescope" - RC1 & 2
 11:30 AL Exercise - 3F SR
 1:00 Midday Movie - *All are welcome!*
 AL 1F Theater - "Diary of A
 Wimpy Kid: Dog Days" (2009, PG)
 1:00 Bingo - RC1, 2 & 3 Please bring
 your cards & markers! *TIME
 CHANGE THIS WEEK ONLY*
 2:00 AL Bridge Club - 3F CR
 2:30 **Esten Garey Piano Performance
 - SC**
 3:30 Outdoor Games - FP
 6:15 **Nander Novaes Classical Guitar
 Recital Trip**
 7:00 Movie & Popcorn - RC1
 "12 Mighty Orphans"
 (2021, PG - 13)

Saturday August 6

- 10:00 Art Club - 3F CR

- 7:00 Movie & Popcorn - RC 1
 "French Kiss"
 (1995, PG-13)

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 (service at 8:30 a.m.)
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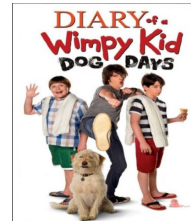
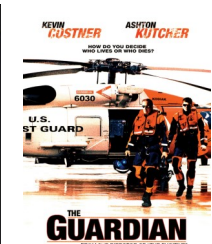
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