

INDEPENDENT LIVING VILLAGE ACTIVITIES FROM: August 15 - August 21

Monday August 15

Guess the Weight of the Watermelon Week Starts

- 9:00 Flexible Fitness - RC2 & 3
- 10:00 IL Bean Bags - RC1
- 10:00 ** Cardio Drumming - WC
- 11:00 ** Balance Class - WC
- 11:30 Lunch at Parkview Inn Trip
- 1:00 Bible Study - RC1
- 1:00 Mahjong - CR
- 2:00 Current Events - RC3
- 3:00 Chair Yoga - FW
- 3:00 Bingo - RC1, 2 & 3

Tuesday August 16

- 9:00 Sit, Stand & Move - RC2 & 3
- 10:00 Bunco Buddies - RC1
- 1:00 Hands in Motion - FW
- 2:00 Advanced Cardio - WC
- 2:30 Food Committee - RC1
- 3:00 Cooking with LE - RC3
- 3-5:00 Social Hour - CR

Wednesday August 17

- 9:00 Flexible Fitness - RC2 & 3
- 10:00 Coffee: "Westminster Color" presented by Eldon Haab, village resident - RC1, 2 & 3
- 11:00 ** Advanced Balance Class - WC
- 1:00 Art Studio, Open Studio Time - AC
- 1:00 Ted Talk: How to live to be 100+ by Dan Buettner - RC1
- 2:00 Bible Study: David Eaton - RMR
- 3:00 Needlework's Group - RMR
- 3:00 Matt Yoga - WC

Thursday August 18

- ### Grocery Shopping Trip Day
- 9:00 Morning Walking Group - FP
 - 10:00 ** Cardio Drumming - WC
 - 10:00 IL Short Story - CR

- 10:00 Resident Council - RC1
- 1:00 Hands in Motion - FW
- 2:00 Silver Chords Practice - RC1
- 2:00 Mellow and Madcap with Michelle Vought - SC
- 2:15 Line Dancing - AC
- 3:00 Page Turners Book Club - RC2
- 3:00 Telling Your Story - RC3
- 3-5:00 Social Hour - CR
- 3:45-4:00 Tech Help - SC

Friday August 19

- 9:00 Sit, Stand & Move - RC2 & 3
- 10:00 Coffee: "Italy - Tales from the Beautiful Country" - RC1 & 2
- 11:00 ** Advanced Balance - WC
- 1:00 Midday Movie - *All are welcome!* AL 1F Theater - "Catch Me If You Can" (2002, PG-13)
- 1:00 ** Balance Class - WC
- 1:00 Wheel of Fortune - RC1
- 2:00 Bingo - RC1, 2 & 3 Please bring your cards & markers
- 3:00 TIME CHANGE: Watermelon Social - FW
- 3:30 Outdoor Games - FP
- 7:00 Movie & Popcorn - RC1 "Free Guy" (2021, PG - 13)

Saturday August 20

- 10:00 Arts & Crafts - AC
- 1:00 Open Studio Time - AC
- 7:00 Movie & Popcorn - RC 1 "The Martian" (2015, PG13)
Resident Requested

Sunday August 21

- 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 Second Presbyterian Church Trip (service at 10:30 a.m.)
- 10:00 Virtual Catholic Mass - RC1
- 11:15 Holy Communion Distribution - RC1
- 3:30 Hymn Sing - RC 1 & 2
- 4:15 Vespers with Rev. Jim Davis - RC1
- 6:30 Heartland Jazz Orchestra - FW

**** NOTE: Please adhere to your assigned time.**

Guess the Weight of the Watermelon

Beginning Monday, August 15 guess the weight of the watermelon in the Social Center. If you are the closest guess you will win a coupon for a meal in The Landing. On Friday, August 19 at 3:00 p.m. enjoy watermelon in the Garden Walk while you wait for the winner to be announced.



- AC - Arts and Crafts
- CR - Club Room
- FP - Fountain Park, FW - Foundation Walk
- 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

TUNE IN TO CHANNEL 88 ACTIVITIES: August 15 - August 21

Monday August 15

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

Tuesday August 16

- 9:30-10 Sit and Fit
- 10:30 Catholic Service
- 1:00 PBS: Ken Burns America Collection: "Empire of the Air"
- 2:15 Wesley United Methodist Service
- 3:00 Shadow Boxing

Wednesday August 17

- 9:30-10 Flexible Fitness
- 1-1:30 Chair Chi
- 2:00 Broadway Theatre: "Rodgers and Hammerstein's Flower Drum Song" (1961)

Thursday August 18

- 9-9:30 Chair Dance
- 1-1:30 Hands in Motion
- 2:00 Reel Rundown: "Won't you be my Neighbor?" (2018, PG -13)
- 7:00 National Youth Orchestra of the United States of America Performs Tchaikovsky's Symphony No. 6 in B Minor, Op. 74, "Pathetique"

Friday August 19

- 9:00 Sit and Stand

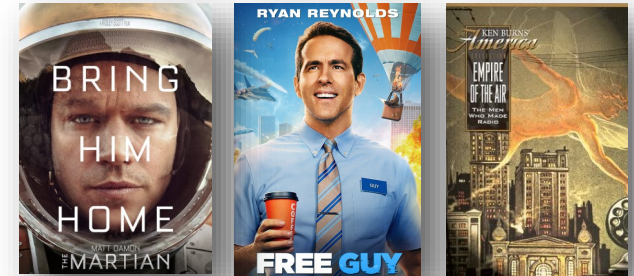
Saturday August 20

- 9-9:30 Sit and Stand
- 7:00 "The Bucket List" (2007, PG -13) For Senior Citizen Day

Sunday August 21

- 9:00 Live Streaming of Calvary United Methodist Church
- 10:30 Live Streaming of Second Presbyterian Church
- 7:00 "Drive My Car" (2021, NR) Resident Request

Movies, Broadway & Documentaries



*Do you like to read?
Then "Page Turners" is for you!*

Date/Time: 3rd Thursday of the month at 3:00 p.m.

Location: RC Rooms



Watch out for an article in the September Newsletter for more information. Contact Judy Burgess or Ruth Parsons.



Horseshoes Playing Schedule for this week:

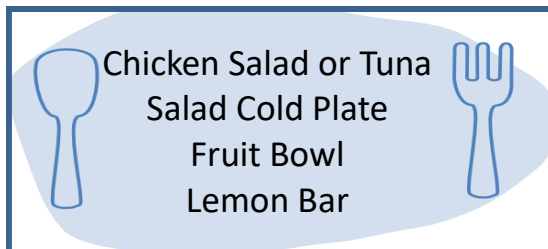
Mon. - August 15	Tue. - August 16	Wed. - August 17	Thu. - August 18	Fri. - August 19
		10:00am: Barb Nathan & Dolores Hellweg vs. Bob Scott & Ron Hofbauer		

ASSISTED LIVING VILLAGE ACTIVITIES FROM: August 15 - August 21

Monday August 15

Guess the Weight of the Watermelon Week Starts

- 9:00 Musical Monday - 2F SR
- 10:00 Travel Topics Group - 1F Bistro
- 11:30 AL Exercise - 3F SR
- 11:30 **Lunch at Parkview Inn Trip**
- 12:00 **AL Special Lunch Buffet - 3F DR**



- 1:00 Bible Study - RC1
- 2:00 AL Arts & Crafts with Shelby: "Egg Carton Flowers" - 3F CR
- 3:00 Chair Yoga - FW
- 3:00 Bingo - RC1, 2 & 3
- 4:00 Blood Pressure Checks - 3F SR

Tuesday August 16

- 9:30 Bean Bags - 3F SR
- 11:30 AL Exercise - 3F SR
- 1:00 Hands in Motion - FW
- 1:30 Baking Buddies
- 3-5:00 Social Hour - CR

Wednesday August 17

- 9:30 AL Short Stories - 3F SR
- 10:00 Coffee: "Westminster Color" presented by Eldon Haab, village resident - RC1, 2 & 3
- 11:30 AL Exercise - 3F SR
- 2:00 Bingo - 3F SR
- 3:30 Group Piano Lessons - 3F SR

Thursday August 18

Grocery Shopping Trip Day

- 9:00 Morning Walk - FP

- 11:00 Widget Cart - 3F SR
- 11:30 AL Exercise - 3F SR
- 1:00 Hands in Motion - FW
- 2:00 Silver Chords Practice - RC1
- 2:00 **Mellow and Madcap with Michelle Vought - SC**
- 3:00 Current Events - 1F East Lounge
- 3-5:00 Social Hour - CR
- 4:00 Blood Pressure Checks - 3F SR
- 3:00 Dealing with Change - 2F Private Dining Room

Friday August 19

- 8:30-9:30 Lisa Office Hours - 3F CR
- 9:00 Games - 3F SR
- 10:00 Coffee: "Italy - Tales from the Beautiful Country" - RC1 & 2
- 10:00 Bible Study with Dave and Molly Kistner - 3F West Lounge
- 11:30 AL Exercise - 3F SR
- 1:00 Midday Movie - "All are welcome! AL 1F Theater - Catch Me If You Can" (2002, PG-13)
- 2:00 Bingo - RC1, 2 & 3 Please bring your cards & markers!
- 2:00 AL Bridge Club - 3F CR
- 3:00 **TIME CHANGE: Watermelon Social - FW**
- 3:30 Outdoor Games - FP
- 7:00 Movie & Popcorn - RC1 "Pay It Forward" (2000, PG - 13)

Saturday August 20

- 10:00 Art Club - 3F CR
- 7:00 Movie & Popcorn - RC 1 "When Harry Met Sally" (1989, R)

Sunday August 21

- 8:00 St. Johns Church Trip (service at 8:30 a.m.)

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- 10:00 Second Presbyterian Church Trip (service at 10:30 a.m.)
- 10:00 Virtual Catholic Mass - RC1
- 11:15 Holy Communion - RC1
- 2:00 Vespers with Rev. Jim Davis - 3F SR
- 3:30 Hymn Sing - RC 1 & 2
- 4:15 Vespers with Rev. Jim Davis - RC1
- 6:30 **Heartland Jazz Orchestra - FW**

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