

INDEPENDENT LIVING VILLAGE ACTIVITIES FROM: August 22 - August 28

Monday August 22

9:00 Flexible Fitness - RC2 & 3
10:00 IL Bean Bags - RC1
10:00 ** Cardio Drumming - WC
11:00 ** Balance Class - WC
11:00 Willows Lunch & Meeting
 - Club House
1:00 Bible Study with Chaplain - RC1
1:00 Bridge Club - CR
3:00 **B1 F3 Floor Meeting - Y Lounge**
3:00 Chair Yoga - FW
3:00 Bingo - RC1, 2 & 3
7:00 **All remaining Floor Meetings**
 - Y Lounges

Tuesday August 23

9:00 Sit, Stand & Move - RC2 & 3
9:30 Pop-Up Library - SC
1:00 Hands in Motion - FW
1:30 Scrabble with LE - CR
2:00 Advanced Cardio - WC
2:00 Dealing with Loss - RC3
3-5:00 Social Hour - CR
7:00 **Forum Moved to August 30**

Wednesday August 24

9:00 Flexible Fitness - RC2 & 3
10:00 Coffee - RC1, 2 & 3: "Susan B. Anthony: Women's Suffrage Leader & Activist"
11:00 ** Advanced Balance Class - WC
1:00 Art Studio, Open Studio Time - AC
1:00 Hand & Foot Club - RC1
2:00 Bible Study: Dave Eaton - RMR
2:00 Conversation Circles - RC1, 2 & 3: Compassionate Choices: "A Follow-Up Discussion to the Forum: "Plans for End of Life: Knowing Your Options"
3:00 Mat Yoga - WC
3:30 **Afternoon Drive Trip**

Thursday August 25

Grocery Shopping Trip Day
9:00 Morning Walking Group - FP
10:00 ** Cardio Drumming - WC
10:00 IL Short Story - CR
1:00 Hands in Motion - FW
1:30 **Banana Splits & Trivia - The Landing**
2:00 Silver Chords Practice - RC1
2:15 Line Dancing - AC
2:30 **No Movie Committee Meeting Changed to Quarterly**
3-5:00 Social Hour - CR
3:45-4:00 Tech Help - SC

Friday August 26

Women's Equality Day
9:00 Sit, Stand & Move - RC2 & 3
10:00 **NO COFFEE due to the 10:00 a.m. Songs & Smiles performance in the SC**
10:00 **Songs & Smiles Performance - SC**
11:00 ** Advanced Balance - WC
1:00 **NO Midday Movie due to the Songs & Smiles performance in the 1F Bistro**
1:00 ** Balance Class - WC
2:00 Bingo - RC1, 2 & 3 Please bring your cards & markers
3:30 Outdoor Games - FP
7:00 Movie & Popcorn - RC1 "Iron Jawed Angels" (2004, NR) Women's Equality

Saturday August 27



10:00 Arts & Crafts - AC
2:00 **The Miller Family Singers - SC**
1:00 Open Studio Time - AC
7:00 Movie & Popcorn - RC 1 "The Duke" (2021, R) Resident Requested


Sunday August 28

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
11:00 **The Sweet Corn Circus Trip**
11:15 Holy Communion Distribution - RC1
4:15 Vespers with Rev. Thomas Cici, Centennial Christian Church - RC1

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

IMPROVING YOUR HYDRATION:
Tips for seniors

<p>Aim for 6 - 8 glasses of liquid each day</p> 	<p>Have a full glass of fluid with your medication</p> 
<p>Avoid alcohol</p> 	<p>Avoid sugary beverages</p> 

 Weather you are thirsty or not, drink water before, during and after exercise

AC - Arts and Crafts
CR - Club Room
FP - Fountain Park, GW - 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 22 - August 28

Monday August 22

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

Tuesday August 23

- 9:30-10 Sit and Fit
- 10:30 Catholic Service
- 1:00 PBS: "Our Great National Parks - Chilean Patagonia"
- 2:15 Wesley United Methodist Service
- 3:00 Shadow Boxing

Wednesday August 24

- 9:30-10 Flexible Fitness
- 1-1:30 Chair Chi
- 2:00 Broadway Theatre: "Sweet Charity" (1969) with Shirley MaLaine
- 6:30 At Home Movie Night: "Destry Rides Again" (1939, NR)

Thursday August 25

- 9-9:30 Chair Dance
- 1-1:30 Hands in Motion
- 2:00 Reel Rundown: "Baking Impossible" (2021, PG)
- 7:00 Battle of Swing - Benny Goodman vs. Glenn Miller

Friday August 26

- 9:00 Sit and Fit

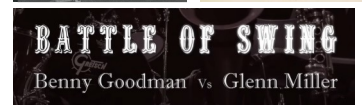
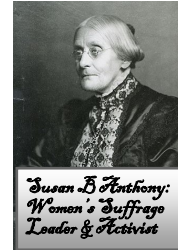
Saturday August 27

- 9-9:30 Chair Yoga
- 7:00 "On the Basis of Sex" (2018, PG -13) Women's Equality

Sunday August 28


- 9:00 Live Streaming of Calvary United Methodist Church
- 10:30 Live Streaming of Second Presbyterian Church
- 7:00 "Licorice Pizza" (2021, R) Resident Request

Movies, Broadway & Documentaries




CONVERSATION CIRCLES
"COMPASSIONATE CHOICES"

FORUM FOLLOW-UP: PLANS FOR END OF LIFE
 ~ KNOWING YOUR OPTIONS

 **Date:** Wednesday, August 24, 2022
Time: 2:00 p.m.
Location: RC 1, 2 & 3

- What values are important to you in healthcare?
- Do you know what your options are?
- Have you talked with your family about your wishes?
- How might advance planning be a gift to your family?
- What might help with your planning?

Come join others in discussing what compassionate choices might be available for you to consider.

 **Current Events Group...**

Have a topic that you want to discuss at our next meeting? Come to Life Enrichment and add it to the list posted on the window outside the office.



Horseshoes Playing Schedule for this week:

Mon. - August 22	Tue. - August 23	Wed. - August 24	Thu. - August 25	Fri. - August 26
9:00 a.m. Andy Nappi & Pete Whitmer vs. Bob Hunt & Mac McElroy	10:30 a.m. Al Beaver & Dave Myatt vs. Bob Scott & Ron Hofbauer	10:00 a.m. Mary Hillhouse & Dolores Hellweg vs. Joe Davie & Dudley Burges		

ASSISTED LIVING VILLAGE ACTIVITIES FROM: August 22 - August 28

Monday August 22

- 9:00 Musical Monday - 2F SR
- 11:30 AL Exercise - 3F SR
- 1:00 Bible Study with Chaplain - RC1
- 2:00 AL Arts & Crafts with Lisa: "Pom-Pom Cactus" - 3F CR
- 2:45 Lisa Office Hours - CR
- 3:00 Chair Yoga - FW
- 3:00 Bingo - RC1, 2 & 3
- 4:00 Blood Pressure Checks - 3F SR

Tuesday August 23

- 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 - FW
- 2:00 **All Resident Meeting & Social - 3F SR**
- 3-5:00 Social Hour - CR

Wednesday August 24

- 9:30 AL Short Stories - 3F SR
- 10:00 Coffee - RC1, 2 & 3: "Susan B. Anthony: Women's Suffrage Leader & Activist"
- 11:30 AL Exercise - 3F SR
- 2:45 Lisa Office Hours - CR
- 2:00 Bingo - 3F SR
- 2:00 Conversation Circles - RC1, 2 & 3: Compassionate Choices: "A Follow-Up Discussion to the Forum: "Plans for End of Life: Knowing Your Options"
- 3:30 Group Piano Lessons - 3F SR
- 6:30  Neighborhood Movie Night - All Lounges: "Destry Rides Again" (1939, NR)

Thursday August 25

- Grocery Shopping Trip Day**
- 9:00 Morning Walk - FP
- 10:00 Visit from Bunny Bestie "Carrots" - 1F East Lounge

- 11:30 AL Exercise - 3F SR
- 1:00 Hands in Motion - FW
- 2:00 Silver Chords Practice - RC1
- 3:00 Current Events - 1F East Lounge
- 3-5:00 Social Hour - CR
- 4:00 Blood Pressure Checks - 3F SR

Friday August 26

- Women's Equality Day**
- 8:30-9:30 Lisa Office Hours - 3F CR
- 9:00 Games - 3F SR
- 10:00 **NO COFFEE due to the Songs & Smiles Performance**
- 10:00 Bible Study with Dave and Molly Kistner - 3F West Lounge
- 11:30 AL Exercise - 3F SR
- 1:00 **NO Midday Movie due to the Songs & Smiles performance in the 1F Bistro**
- 1:30 **Songs & Smiles Performance - 1F Bistro**
- 2:00 Bingo - RC1, 2 & 3 Please bring your cards & markers!
- 2:00 AL Bridge Club - 3F CR
- 3:30 Outdoor Games - FP
- 7:00 Movie & Popcorn - RC1 "Iron Jawed Angels" (2004, NR) Women's Equality

Saturday August 27

- 10:00 Art Club - 3F CR
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- 11:15 Holy Communion - RC1
- 4:15 Vespers with Rev. Thomas Cici, Centennial Christian Church - RC1

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- Special Events**
- Live Entertainment**
- Special Trips**


-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

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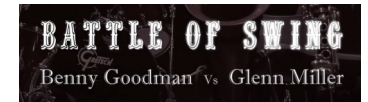
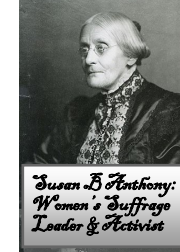
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