

INDEPENDENT LIVING VILLAGE ACTIVITIES FROM: September 19 - September 25

Monday September 19

- Evergreen Cemetery Walk \$ Due**
9:00 Flexible Fitness - RC2 & 3
10:00 IL Bean Bags - SC
10:00 **Cardio Drumming - WC
11:00 ** Balance Class - WC
1:00 Mahjong - CR
1:00 Bible Study with Chaplain - RC1
2:00 Current Events - RC3
3:00 Bingo - RC 1, 2 & 3
3:00 Chair Yoga - FW
3:00 **B1 F3 Floor Meeting - Y Lounge**
7:00 **All remaining Floor Meetings - Y Lounges**

Tuesday September 20

- 9:00** Sit, Stand & Move - RC2 & 3
10:00 Bunco Buddies - RC1
1:00 Hands in Motion - FW
2:00 Advanced Cardio - WC
3:00 Cooking with Life Enrichment - RC3
3-5:00 Social Hour - CR
7:00 **RESCHEDULED FORUM** - RC 1, 2 & 3: "Less- Privileged Status of Women and Girls" Presented by Rev. Elissa Bailey

Wednesday September 21

- International Day of Peace**
9:00 Flexible Fitness - RC2 & 3
10:00 Coffee - RC1, 2 & 3: "A Matter of Balance for Fall Prevention Month" Presented by the Wellness Department
11:00 ** Advanced Balance Class - WC
1:00 Art Class - F.GW: "Drawing Nature As Fall Approaches" - Meet near the gazebo
1:00 Ted Talk -RC1 : "Is humanity smart enough to survive itself" by Jeanette Winterson

- 1:00** ** Balance Class - WC
2:00 Bible Study: Dave Eaton - RMR
3:00 Needlework Group - RMR
3:00 Mat Yoga - WC

Thursday September 22

First Day of Fall

- 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 **Windsong Woodwind Quintet Live Entertainment - SC**
1:30 Quarterly Movie Committee - RMR
2:00 Silver Chords Practice - RC1
2:15 Line Dancing - AC
3-5:00 Social Hour - CR
3:45-4:00 Tech Help - SC
4:15 **Jim Markum Swing Band at Connie Link - ST**

Friday September 23

- Spirit Month: Super Hero/Villain Day**
9:00 Sit, Stand & Move - RC1 & 2
10:00 Coffee - RC1, 2 & 3: Documentary: Mexico by Imax" For Hispanic - Latino Heritage Month
11:00 **Advanced Balance - WC
12:15 **Healing Rides Trip**
1:00 **Balance Class - WC
1:00 Midday Movie - *All are welcome!* AL 1F Theater - "Narnia" (2005, PG)
2:00 Bingo - RC1, 2 & 3 Please bring your cards & markers
6:45 **Hamlet's Big Adventure! (a prequel) at BCPA Trip**
7:00 Movie & Popcorn - RC1 "Mrs. Harris Goes to Paris" (2022, PG)

Saturday September 24

- 10:00** **Westminster Botany Class (In place of Arts & Crafts): "Bringing In Your Plants and Cuttings Before Frost" - AC**
1:00 Open Studio Time - AC
1:00 **Community Concert Band at Kiwanis Park Trip**
7:00 Movie & Popcorn - RC 1 "Tunes of Glory" (1960, NR)

Sunday September 25

- 8:00** St. Johns Church Trip (service at 8:30 a.m.)
8:30 Calvary Methodist Church Trip (service at 9:00 a.m.)
8:30 First Presbyterian Church Trip (service at 9:00 a.m.)
10:00 Second Presbyterian Church Trip (service at 10:30 a.m.)
10:00 Virtual Catholic Mass - RC1
10:30 **The Evergreen Cemetery Walk Trip**
11:15 Holy Communion Distribution - RC1
4:15 Vespers with Rev. Dr. Timothy Mark Harris, Pastor, Mt. Pisgah Baptist Church - RC1

- AC - Arts and Crafts**
CR - Club Room
F.FP - Foundation Fountain Park
F.GW - Foundation Garden Walk
RC - Resident Center
SC - Social Center, WC - Wellness Center
2F SR - 2nd Floor Sun Room
3F CR - 3rd Floor Card Room
3F SR - 3rd Floor Sunroom

TUNE IN TO CHANNEL 88 ACTIVITIES: September 19 - September 25

Monday September 19

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

Tuesday September 20

- 9:30-10 Sit and Fit
- 10:30 Catholic Service
- 1:00 PBS: "The National Parks: Capturing the Parks"
- 2:15 Wesley United Methodist Service
- 3:00 Shadow Boxing

Wednesday September 21

- 9:30-10 Flexible Fitness
- 1-1:30 Chair Chi
- 2:00 Broadway Theatre: "I Love You, You're Perfect, Now Change" (2021)

Thursday September 22

- 9-9:30 Chair Dance
- 1-1:30 Hands in Motion
- 2:00 Reel Rundown: "Street Food Latin America: Argentina and Brazil"
- 7:00 **RESCHEDULED:** Chamber Music Society of Lincoln Center: Mozart Celebration

Friday September 23

- 9:00 Sit and Fit

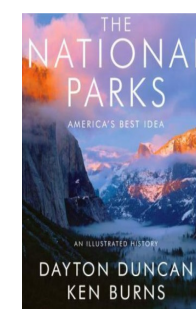
Saturday September 24

- 9-9:30 Chair Dance
- 7:00 "Baby Boom" (1987, PG)

Sunday September 25

- 9:00 Live Streaming of Calvary United Methodist Church
- 10:30 Live Streaming of Second Presbyterian Church
- 7:00 "Bridget Jones Baby" (2016, R)

Movies, Broadway & Documentaries



The Chamber Music Society
Of Lincoln Center
Mozart Celebration

WASTE NOT. SAVE A LOT.

Switch **off** your lights when you roam. Switch them **on** again when you come home.

The Green Team



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

ASSISTED LIVING VILLAGE ACTIVITIES FROM: September 19 - September 25

Monday September 19

Evergreen Cemetery Walk \$ Due

- 9:00** Musical Monday Morning
- 2F Sunroom
- 10:00** Travel Topics Group - 1F Bistro
- 11:30** Exercise - 3F SR
- 12:00** AL Special Buffet Lunch - 3F Dining Room

Special Lunch: Baked Potato Bar

With chili, cheese sauce, broccoli, cheddar cheese, sour cream and chives
Rice Crispy Bar Dessert

- 1:00** Bible Study with Chaplain - RC1
- 2:00** Art Class with Lisa "Sunflower Clip Wreath" -3F CR
- 2:30** Sundae Monday - 1F Bistro
- 2:45-3:45** Lisa's Office Hours - 3F CR
- 4:00** Blood Pressure Checks - 3F SR

Tuesday September 20

- 9:30** Bean Bags - 3F SR
- 11:30** AL Exercise - 3F SR
- 1:00** Hands in Motion - FW
- 2:00** **AL Resident Meeting and Social**
- 3F SR
- 3-5:00** Social Hour - CR
- 7:00** **RESCHEDULED FORUM** - RC 1, 2 & 3: "Less- Privileged Status of Women and Girls" Presented by Rev. Elissa Bailey

Wednesday September 21

International Day of Peace

- 9:30** AL Short Stories - 3F SR
- 10:00** Coffee - RC1, 2 & 3: "A Matter of Balance for Fall Prevention Month" Presented by the Wellness Department
- 10:30** Golf Group - F.FP

- 11:30** AL Exercise - 3F SR
- 12:45 - 1:30** Lisa Office Hours - 3F CR
- 1:00** Art Class - F.GW: "Drawing Nature As Fall Approaches" - Meet near the gazebo
- 1:00** Balance Class - WC
- 2:00** Bingo - 3F SR
- 3:30** Group Piano Lessons - 3F SR

Thursday September 22

First Day of Fall

- 9:00** Morning Walk - F.FP
- 11:30** AL Exercise - 3F SR
- 1:00** Hands in Motion - FW
- 1:00** **AL Meeting with Barb Nathan CEO**
- 3F SR
- 1:30** **Windsong Woodwind Quintet Live Entertainment**
- 1:30** Quarterly Movie Committee - RMR
- 2:00** **TIME CHANGE** Painting Group - 3F CR
- 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
- 4:15** **Jim Markum Swing Band at Connie Link Trip**

Friday September 23

Spirit Month: Super Hero/Villain Day

- 8:30-9:30** Lisa Office Hours - 3F CR
- 9:00** Games - 3F SR
- 10:00** Coffee - RC1, 2 & 3: Documentary: Mexico by Imax" For Hispanic - Latino Heritage Month
- 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 - "Narnia" (2005, PG)
- 2:00** Bingo - RC1, 2 & 3 Please bring your cards & markers!

- 2:00** AL Bridge Club - 3F CR
- 3:30** Outdoor Games - F.FP
- 6:45** **Hamlet's Big Adventure!**
(a prequel) at BCPA Trip
- 7:00** Movie & Popcorn - RC1
"Mrs. Harris Goes to Paris"
(2022, PG)

Saturday September 24

- 10:00** Art Club - 3F CR
- 1:00** **Community Concert Band at Kiwanis Park Trip**
- 7:00** Movie & Popcorn - RC 1
"Tunes of Glory" (1960, NR)

Sunday September 25

- 8:00** St. Johns Church Trip
(service at 8:30 a.m.)
- 8:30** Calvary Methodist Church Trip
(service at 9:00 a.m.)
- 8:30** First Presbyterian Church Trip
(service at 9:00 a.m.)
- 10:00** Second Presbyterian Church Trip
(service at 10:30 a.m.)
- 10:00** Virtual Catholic Mass - RC1
- 10:30** **The Evergreen Cemetery Walk Trip**
- 11:15** Holy Communion - RC1
- 4:15** Vespers with Rev. Dr. Timothy Mark Harris, Pastor, Mt. Pisgah Baptist Church - RC1

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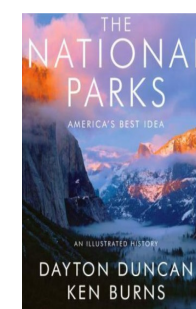
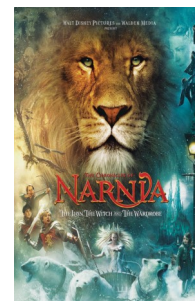
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