

# INDEPENDENT LIVING VILLAGE ACTIVITIES FROM: November 14 - November 20

## Monday November 14

**Twin Cities Ballet, The Nutcracker \$ due**  
**Pantagraph's Holiday Spectacular \$ due**

- 8:30 Aqua Jazz YMCA Trip**
- 9:00 Flexible Fitness - RC2 & 3**
- 10:00 IL Bean Bags - SC**
- 10:00 Coffee - RC1, 2 & 3: ISU School of Nursing presented by Jennifer Sedbrook, Director of Development**
- 10:00 \*\*Cardio Drumming - WC**
- 11:00 \*\* Balance Class - WC**
- 1:00 Bible Study w/Chaplain Elliott - RC1**
- 1:00 Bridge - CR**
- 3:00 Bingo - RC 1, 2 & 3**
- 3:00 Chair Yoga - WC**

## Tuesday November 15

- American Recycling Day**
- 9:00 Sit, Stand & Move - RC2 & 3**
  - 1:00 Hands in Motion - WC**
  - 1:00 Bunco Buddies - RC3**
  - 2:00 Advanced Cardio - WC**
  - 2:30 Food Committee - RC1**
  - 3:00 Cooking with Life Enrichment - RC3**
  - 3-5:00 Social Hour - CR**
  - 5:45 ISU Women's Basketball Trip**

## Wednesday November 16

- 9:00 Flexible Fitness - RC2 & 3**
- 10:00 Livingston County War Museum & Lunch Trip**
- 10:00 Coffee - RC1, 2 & 3: "Phytochemicals: Everything Plants Have That You Want" Presented by Paige Fullriede, Dietetic Intern**
- 11:00 \*\* Advanced Balance Class - WC**
- 1:00 Art Class - AC: "Christmas Cards/Calligraphy"**

- 1:00 Ted Talk - RC1: "My Journey from Marine to actor by Adam Driver"**
- 1:00 \*\* Balance Class - WC**
- 2:00 Bible Study: Dave Eaton - RMR**
- 3:00 Needlework's Group - RMR**
- 3:00 Mat Yoga - WC**
- 6:45 Sunday in the Park with George Trip**

## Thursday November 17

### Grocery Trips

- 9:00 Morning Indoor Walking Group - Meet in the SC**
- 10:00 \*\* Cardio Drumming - WC**
- 10:00 Resident Council - RC1**
- 10:00 Short Story - CR**
- 1:00 Hands in Motion - WC**
- 2:00 Silver Chords Practice - RC1**
- 2:15 Line Dancing - The Landing**
- 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**
- 7:00 Americana in Story & Song Concert - RC1, 2 & 3: Poems, songs and stories about life in early America.**

## Friday November 18

- 8:30-11:30 Green Team Fall Recycling Collection - SC**
- 9:00 Sit, Stand & Move - RC2 & 3**
- 10:00 Coffee - RC1, 2 & 3: "Architectural Gems of Bloomington/Normal" Presented by Joanna Mink, McLean County Museum of History**
- 11:00 \*\*Advanced Balance - WC**
- 12:30 Senior Day at Festival of Trees Trip**
- 1:00 \*\*Balance Class - WC**

The Green Team



- 1:00 Midday Movie - All are welcome! AL 1F: "Legends of the Fall" (1994, R)**
- 1:00 Wheel of Fortune - RC1**
- 2:00 Bingo - RC1, 2 & 3 Please bring your cards & markers**
- 7:00 Movie & Popcorn - RC 1 & 2: "On Golden Pond" (1981, PG) Resident Requested**

## Saturday November 19

- 10:00 Art Class - AR: "Making a Cornshuck Doll"**
- 1:00 Open Studio Time - AC**
- 7:00 Movie & Popcorn - RC 1 & 2: "Marry Me" (2022, PG-13)**
- 6:45 Breathtaking Beauty, Symphony Orchestra Trip**

## Sunday November 20

- 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**
- 11:15 Holy Communion Distribution - RC1**
- 2:00 AL Vespers - 3F: With Rev. B. Elliott Renfro, M. Div. Chaplain**
- 2:30 Community Thanksgiving Worship Service Trip**
- 4:15 Vespers - RC1: With Rev. Dr. Burl Cole, OSF Home Health Chaplain Educator**

**\*\*NOTE: Please adhere to your as signed time.**

*Wj* - **TUNE IN TO CHANNEL 88 ACTIVITIES: November 14 - November 20** - *Wj*

**Monday November 14**

**9:30-10** Flexible Fitness  
**10:00** First Presbyterian Service  
**3:00** Chair Yoga  
**3:30** St. John's Service  
**6:30** PBS - Ken Burns, The U.S. and the Holocaust, "The Golden Door": After decades of maintaining open borders, a xenophobic backlash prompts Congress to pass its first laws restricting immigration. (Beginning - 1938)

**Tuesday November 15**

**9:30-10** Sit and Fit  
**10:30** Catholic Service  
**1:00** PBS - "The Gene, An Intimate History - Part 2": The second part of this documentary weaves together science, history and personal stories for a historical biography of the human genome.  
**3:00** Shadow Boxing  
**3:30** Wesley United Methodist Service  
**6:30** PBS - Ken Burns, The U.S. and the Holocaust, "Yearning To Breathe Free": As World War II begins, Americans are united in their disapproval of Nazi brutality but divided on whether to act. (1938 - 1942)

**Wednesday November 16**

**9:30-10** Flexible Fitness

**1-1:30** Chair Chi  
**2:00** Broadway Theatre - "The Merry Wives of Windsor (2018)": Sir John hustles his way to retirement by seducing the wives of two wealthy men. But the women of Windsor pull the strings in this story.  
**6:30** PBS - Ken Burns, The U.S. and the Holocaust: "The Homeless, Tempest-Tossed": As Allied soldiers advance, uncovering mass graves and liberating German concentration camps, the public sees for the first time the sheer scale of the Holocaust. (1942 - )

**Thursday November 17**

**9-9:30** Chair Dance  
**1-1:30** Hands in Motion  
**2:00** Reel Rundown: Everest and the Nepal Earthquake: Wrong Place Wrong Time" - No Way Out" - In the aftermath of the earthquake, search and rescue efforts begin from the city to the mountains.  
**7:00** Evening Entertainment: "Patriotic Concert, The Joy of Music with Diane Bish"

**Friday November 18**

**9:00** Sit and Fit

**Saturday November 19**

**9-9:30** Flexible Fitness

**7:00** Evening Movie: "The Hunt for Red October" (1990, PG): The Soviet Union's best submarine captain violates orders and heads for the U.S. in a new undetectable sub. The American CIA and military must quickly determine: Is he trying to defect or to start a war?

**Sunday November 20**

**9:00** Live Streaming of Calvary United Methodist Church  
**10:30** Live Streaming of Second Presbyterian Church  
**7:00** Evening Movie: "Gone with the Wind" (1939, Passed): The manipulative daughter of a Georgia plantation owner conducts a turbulent romance with a roguish profiteer during the American Civil War and Reconstruction periods.

- 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 WL** - 2nd Floor West Lounge
- 2F SR** - 2nd Floor Sun Room
- 2F PD** - 2nd Floor Private
- DR** - Dining Room
- 3F CR** - 3rd Floor Card Room
- 3F SR** - 3rd Floor Sunroom

# ASSISTED LIVING VILLAGE ACTIVITIES FROM: November 14 - November 20

## Monday November 14

- Twin Cities Ballet, The Nutcracker \$ due**  
**Pantagraph's Holiday Spectacular \$ due**  
**8:30 Aqua Jazz YMCA Trip**  
**9:00 Musical Monday Morning - 2F SR**  
**10:00 Neighborhood Coffee - East Lounges**  
**10:00 Coffee - RC1, 2 & 3: ISU School of Nursing presented by Jennifer Sedbrook, Director of Development**  
**11:30 AL Exercise - 3F SR**  
**1:00 Bible Study with Chaplain - RC1**  
**2:00 Art Class with Shelby - 3F CR: "Turkey Craft"**  
**3:00 Chair Yoga - WC**  
**2:45-3:45 Lisa's Office Hours - 3F CR**  
**4:00 Blood Pressure Checks - 3F SR**

## Tuesday November 15

- American Recycling Day**  
**9:30 Bean Bags - 3F SR**  
**11:30 AL Exercise - 3F SR**  
**1:00 Hands in Motion - WC**  
**1:30 Baking Buddies - 1F Bistro**  
**3-5:00 Social Hour - CR**  
**5:45 ISU Women's Basketball Trip**

## Wednesday November 16

- 9:30 Short Stories - 3F SR**  
**10:00 Livingston County War Museum & Lunch Trip**  
**10:00 Coffee - RC1, 2 & 3: "Phytochemicals: Everything Plants Have That You Want" Presented by Paige Fullriede, Dietetic Intern**  
**11:30 AL Exercise - 3F SR**  
**12:30 - 1:30 Lisa Office Hours - 3F CR**  
**1:00 Balance Class - WC**

- 2:00 Bingo - 3F SR**  
**3:30 Group Piano Lessons - 3F SR**  
**6:45 Sunday in the Park with George Trip**

## Thursday November 17

- 9:00 Morning Indoor Walking Group - 1F Bistro**  
**11:00 Widget Cart - 3F SR**  
**11:30 AL Exercise - 3F SR**  
**1:00 Hands in Motion - WC**  
**1:30 Painting Group - 3F CR**  
**2:00 Silver Chords Practice - RC1 Lounge**  
**3-5:00 Social Hour - CR**  
**4:00 Blood Pressure Checks - 3F SR**  
**7:00 Americana in Story & Song Concert - RC1, 2 & 3: Poems, songs and stories about life in early America.**

## Friday November 18

- 8:30-11:30 Green Team Fall Recycling Collection - SC**   
**8:30-9:30 Lisa Office Hours - 3F CR**  
**9:00 Games - 3F SR: "Pyramid Building"**  
**10:00 Coffee - RC1, 2 & 3: "Architectural Gems of Bloomington/Normal" Presented by Joanna Mink, McLean County Museum of History**  
**10:00 Bible Study with Dave and Molly Kistner - 3F West Lounge**  
**11:30 AL Exercise - 3F SR**  
**12:30 Senior Day at Festival of Trees Trip**

- 1:00 Midday Movie - All welcome! - AL 1F: "Legend of the Fall" (1994, R)**  
**2:00 Bingo - RC1, 2 & 3 Please bring your cards & markers!**  
**2:00 Bridge Club - 3F CR**  
**3:30 Games - 3F SR: "Scrabble"**  
**7:00 Movie & Popcorn - RC 1 & 2: "On Golden Pond" (1981, PG) Resident Requested**

## Saturday November 19

- 10:00 Art Club - 3F CR**  
**7:00 Movie & Popcorn - RC 1 & 2: "Marry Me" (2022, PG-13)**  
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