

Independent Living Village Activities From: January 2 - January 8

Monday January 2

Team Holiday - Limited Programming

- 1:00** Bible Study w/Chaplain Elliott - RC1
- 3:00** Bingo - RC 1, 2 & 3

Tuesday January 3

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

Wednesday January 4

Library Home Delivery Day

- 9:00** Flexible Fitness - RC2 & 3
- 10:00** Coffee - RC1, 2 & 3: "How We Can Improve" Presented by Mary Lee Buffo and Shelby Ihlenfeldt Life Enrichment Coordinators
- 11:00** ** Advanced Balance Class - WC
- 11:15** **Imperial Buffet Lunch Trip**
- 1:00** Open Art Class - AC
- 1:00** Ted Talk - RC1: "The Art of Stillness"
- 1:00** ** Balance Class - WC
- 2:00** Bible Study: Dave Eaton - RC2
- 3:00** Mat Yoga - WC

Thursday January 5

Grocery Trips

- 9:00** Morning Indoor Walking Group - Meet in the SC
- 10:00** ** Cardio Drumming - WC
- 10:00** Short Story - CR
- 1:00** Hands in Motion - WC
- 1:30** Low Vision Support Group - RC2

- 2:15** Line Dancing - AC
- 3:00** Telling Your Story - RC3
- 3-5:00** Social Hour - CR
- 3:45-4:00** Tech Help - SC
- 7:00** **Holiday Piano Performance - SC**

Friday January 6

Sweat \$ due

- 9:00** Sit, Stand & Move - RC2 & 3
- 9:30-11:30** **Fruit Friday Fun Bar - WC**
- 10:00** Coffee - RC1, 2 & 3: "Ansel Adams" Presented by PBS
- 11:00** **Advanced Balance - WC
- 1:00** **Balance Class - WC
- 1:00** Midday Movie - *All welcome!* - AL 1F: "Eight Below" (2006, PG)
- 2:00** Bingo - RC1, 2 & 3: Please bring your cards & markers
- 7:00** Movie & Popcorn - RC 1 & 2: "The Miracle Worker" (1961, NR) For World Braille Day

Saturday January 7

- 10:00** Open Art Class - AC
- 1:00** Open Studio Time - AC
- 7:00** Movie & Popcorn - RC 1 & 2: "Amelia" (2009, PG)

Sunday January 8

- 7:45** St. Johns Church Trip
- 7:45** First Presbyterian Trip
- 8:30** Calvary Methodist Church Trip
- 9:30** Second Presbyterian Church Trip
- 10:00** Virtual Catholic Mass - RC1
- 10:15** Christ Lutheran Church Normal Trip
- 11:15** Holy Communion Distribution -RC1

- 2:00** AL Vespers - 3F SR: Rev. B Elliott Renfroe , Chaplain
- 3:30** **The Amazons Performance (Rescheduled) - SC**
- 4:15** Vespers - RC1: Rev. B Elliott Renfroe , Chaplain

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



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

- 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 AR** - 3rd Floor Card Room
- 3F SR** - 3rd Floor Sunroom

Tune in to Channel 88 Activities: January 2 - January 8

Monday January 2

Team Holiday - Limited Programming
9:30-10 Flexible Fitness
10:00 First Presbyterian Service
11:00 St. John's Service
7:00 Movie - "Forrest Gump" (1994, PG-13): The presidencies of Kennedy and Johnson, the Vietnam War, the Watergate scandal and other historical events unfold from the perspective of an Alabama man with an IQ of 75, whose only desire is to be reunited with his childhood sweetheart.

Tuesday January 3

9:30-10 Sit and Fit
10:30 Catholic Service
1:00 PBS - "The Empress: Episode 2 - The Arrival": Elisabeth arrives in Vienna for her wedding. Soon enough she faces palace intrigue while Franz attempts to protect his country from going to war.
2:15 Wesley United Methodist Service
3:00 Shadow Boxing

Wednesday January 4

9:30-10 Flexible Fitness
1-1:30 Chair Chi
2:00 Broadway Theatre - "The Importance of Being Earnest" (2018): Widely considered one of the funniest plays in English, Wilde's much loved masterpiece throws love, logic and language into the air to make one of theatre's most dazzling firework displays.

Thursday January 5

9-9:30 Chair Dance
1-1:30 Hands in Motion
2:00 Reel Rundown: "Harry & Megan - Episode 1"
7:00 Evening Entertainment: "Sunday at Six Recital Series: Violin & Piano": Be inspired by the talented musicians of the Illinois Symphony Orchestra through a variety of LIVE and previously recorded performances, as we kick off the Sunday at Six Recital Series that you can enjoy.

Friday January 6

9:00 Sit and Fit

Saturday January 7

9-9:30 Flexible Fitness
7:00 Movie: "Jungle Cruise" (2021, PG-13): Based on Disneyland's theme park ride where a small riverboat takes a group of travelers through a jungle filled with dangerous animals and reptiles but with a supernatural element.

Sunday January 8

9:30 Live Streaming of Calvary United Methodist Church
10:30 Live Streaming of Second Presbyterian Church
7:00 Movie: "Moonfall" (2022, PG-13): A mysterious force knocks the moon from its orbit and sends it hurtling on a collision course toward earth.

HAPPY NEW YEAR 2023!

From your Green Team

How do I dispose of wrapping paper at the holidays and all through the year?

"One-hundred percent paper wrapping paper and gift bags can be recycled, while wrapping paper with glitter, foil, or other non-paper elements cannot be put in your recycling bin. Gift bags' fabric or plastic handles or other non-paper elements must be torn off the paper bag before it can be recycled." (EAC)
Tissue paper can be recycled, but bows, ribbons, and other decorative elements are not recyclable. Save them for next year or throw them in the trash.



Assisted Living Village Activities From: January 2 - January 8

Monday January 2

Team Holiday - Limited Programming

- 1:00** Bible Study w/Chaplain Elliott
- RC1
- 4:00** Blood Pressure Checks - 3F SR

Tuesday January 3

- 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

Wednesday January 4

- 9:30** Short Stories - 3F SR
- 10:00** Coffee - RC1, 2 & 3: "How We Can Improve" Presented by Mary Lee Buffo and Shelby Ihlenfeldt Life Enrichment Coordinators
- 11:15** **Imperial Buffet Lunch Trip**
- 11:30** AL Exercise - 3F SR
- 12:30-1:30** Lisa Office Hours - 3F AR
- 1:00** Balance Class - WC
- 2:00** Bingo - 3F SR
- 3:30** Group Piano Lessons - 3F SR

Thursday January 5

- 9:00** Morning 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 AR
- 1:30** Low Vision Support Group
- RC2
- 2:30** **NEW Reminiscence - 2F SR**
- 3-5:00** Social Hour - CR
- 4:00** Blood Pressure Checks - 3F SR
- 4:15-5:00** Lisa Office Hours - 3F AR

- 7:00** **Holiday Piano Performance**
- SC

Friday January 6

Sweat \$ due

- 9:00** Games - 3F SR: "Beach Ball Box Roll"
- 9:30-11:30** **Fruit Friday Fun Bar - WC**
- 10:00** Coffee - RC1, 2 & 3: "Ansel Adams" Presented by PBS
- 10:00** Bible Study with Dave Kistner
- 3F West Lounge
- 11:30** AL Exercise - 3F SR
- 2:00** Bingo - RC1, 2 & 3 Please bring your cards & markers!
- 1:00** Midday Movie - *All welcome!*
- AL 1F: "Eight Below" (2006, PG)
- 2:00** AL Bridge Club - 3F CR
- 2:30** Games - 3F SR: "Sound Bingo"
- 7:00** Movie & Popcorn - RC 1 & 2: "The Miracle Worker" (1961, NR) For World Braille Day

Saturday January 7

- 10:00** Art Club - 3F AR
- 2:00** Bingo - 3F SR
- 7:00** Movie & Popcorn - RC 1 & 2: "Amelia" (2009, PG)

Sunday January 8

- 7:45** St. Johns Church Trip
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