

# Independent Living Village Activities From: January 9 - January 15

## Monday January 9

- 8:30 Aqua Jazz Trip
- 9:00 Flexible Fitness - RC2 & 3
- 10:00 IL Bean Bags - SC
- 10:00 \*\*Cardio Drumming - WC
- 11:00 \*\* Balance Class - WC
- 1:00 Bible Study w/Chaplain Elliott - RC1
- 1:00 Bridge - CR
- 2:00 **Current Events - RC3 (Moved to the 2<sup>nd</sup> and 4<sup>th</sup> Monday, January only)**
- 3:00 Bingo - RC1, 2 & 3
- 3:00 **Billiards Tournament Begins! - AL 2F East Lounge**
- 3:00 Chair Yoga - WC

## Tuesday January 10

- 9:00 Sit, Stand & Move - RC2 & 3
- 9:30 Pop-Up Library - SC
- 1:00 Hands in Motion - WC
- 1:30 Scrabble - CR
- 2:00 **Dealing with Loss - RC3: "Bridge of Awareness" presented by Rev. B Elliott Renfro, Chaplain**
- 2:00 Advanced Cardio - WC
- 3-5:00 Social Hour - CR
- 4:15 Hope Therapy Dogs - SC
- 7:00 Forum - RC1, 2 & 3: "Impact of the Baby Fold" Presented by Dr. Kathleen Bush (Daughter of Village Resident Al Beaver)

## Wednesday January 11

- 9:00 Flexible Fitness - RC2 & 3
- 10:00 Coffee - RC1 & 2 : "Frank Lloyd Wright: Part One" Presented by PBS
- 11:00 \*\* Advanced Balance Class - WC
- 1:00 Open Art Studio - AC
- 1:00 Hand & Foot - RC1
- 1:00 \*\* Balance Class - WC

- 2:00 Bible Study: Dave Eaton - RC2
- 3:00 Mat Yoga - WC
- 6:15 **IWU Men's Basket Ball Trip**
- 6:30 Nostalgic Movie Night - RC2 & 3: "West Side Story" (1961, approved) Resident Requested

## Thursday January 12

- 9:00 Morning Indoor Walking Group - Meet in the SC
- 9:15 Garden Club Trip
- 10:00 \*\*Cardio Drumming - WC
- 10:00 Short Story - Club Room
- 10:00 Veterans Coffee - RC1 & 2
- 1:00 Hands in Motion - WC
- 1:00 **Name That Tune Game with volunteer Tim Penhollow - RC1 & 2**
- 2:15 Line Dancing - AC
- 2:15 No Catholic Mass this month
- 3:00 No Sacred Space this month
- 3-5:00 Social Hour - CR
- 3:45 Tech Help
- 7:00 **American Passion Play - RC1, 2, & 3**

## Friday January 13

- 9:00 Sit, Stand & Move - RC2& 3
- 10:00 Coffee - RC1 & 2: "Frank Lloyd Wright: Part Two" Presented by PBS
- 11:00 \*\*Advanced Balance - WC
- 11:15 **Schooners Lunch Trip**
- 1:00 \*\*Balance Class - WC
- 1:00 Midday Movie - *All are welcome!* AL 1F: "Home Alone 3" (1997, PG)
- 2:00 Bingo - RC1, 2 & 3 Please bring your cards & markers

- 7:00 Movie & Popcorn - RC 1 & 2: "The Help" (2011, PG-13): Slavery Awareness Month - Resident Requested

## Saturday January 14

- 10:00 Open Art Studio - AC
- 10:00 **Bean Bag Social with ISU Softball Team - SC**
- 1:00 Open Studio Time - AC
- 7:00 Movie & Popcorn - RC 2 & 3: "Redeeming Love" (2022, PG-13) World Religion Day. Based on the novel by Francine Rivers

## Sunday January 15

- 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
- 1:45 **Sweat at Community Players Theatre Trip (CANCELLED)**
- 2:00 AL Vespers - 3F SR: David Kistner, Bible Study Leader
- 4:15 Vespers - RC1: Rev. Tanya Edwards-Evans, Associate Pastor, Wesley UMC

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



# Tune in to Channel 88 Activities: January 9 - January 15

**Monday** **January 9**

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

**Tuesday** **January 10**

**9:30-10** Sit and Fit  
**10:30** Catholic Service  
**1:00** PBS - "The Empress: Episode 3 - The Wedding": Elisabeth marries Franz, and the imperial family gets a taste of her rising popularity. Sophie's former lover attends the wedding and discovers a secret.  
**2:15** Wesley United Methodist Service  
**3:00** Shadow Boxing

**Wednesday** **January 11**

**9:30-10** Flexible Fitness  
**1-1:30** Chair Chi  
**2:00** Broadway Theatre - "2 Pianos, 4 Hands" (2016): Piano wizardry and laugh-out-loud comedy come together to tell the story of Richard Greenblatt and Ted Dykstra's life-long pursuit of becoming concert pianist superstars. They work tirelessly to master legendary music, endless practice, stage fright and agonizing competition along the way.

**Thursday** **January 12**

**9-9:30** Chair Dance  
**1-1:30** Hands in Motion  
**2:00** Reel Rundown: "Harry & Meghan - Episode 2": In 2016, the relationship becomes public - and public scrutiny begins. Meghan remembers school, family life, acting and activism before Harry.

**7:00** Evening Entertainment: "Ernie Haase & Signature Sound – Something Beautiful": From the Kentucky Center in downtown Louisville, the Gaither Vocal Band and Earnie Haase and Signature sound invite you to be part of Quartet history through this exciting musical event. Join these two unique groups for an unforgettable evening packed with twice the power, twice the harmony, and twice the fun.

**Friday** **January 13**

**9:00** Sit and Fit

**Saturday** **January 14**

**9-9:30** Sit and Fit  
**7:00** Movie: "The Whistleblower" (2010, R): A drama based on the experiences of Kathryn Bolkovac, a Nebraska cop who served as a peacekeeper in post-war Bosnia and outed the U.N. for covering up a sex trafficking scandal. Human Trafficking Month.

**Sunday** **January 15**

**9:00** Live Streaming of Calvary United Methodist Church  
**10:30** Live Streaming of Second Presbyterian Church  
**7:00** Movie: "Selma" (2014, PG-13): A chronicle of Dr. Martin Luther King, Jr.'s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama, in 1965. Martin Luther King Jr. Day.

**Dealing with Loss**  
**Monday, January 10 at**  
**2:00 p.m. in RC3**  
**"Bridge of Awareness"**  
**by Rev. B Elliott Renfroe**

Plan to attend this presentation on grief. No one can identify for you, the 'right' amount of time to grief your loss. Truly there is no 'getting over it', rather there is acceptance that allows you to move forward knowing there will be times when the grief will resurface.

- 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

# Assisted Living Village Activities From: January 9 - January 15

## Monday January 9

- 8:30 Aqua Jazz Trip**  
**9:00 Musical Monday Morning**  
 - 2F SR  
**10:00 Neighborhood Coffee**  
 - **1, 2, 3 East Lounges**  
**11:30 Exercise - 3F SR**  
**1:00 Bible Study with Chaplain**  
 - RC1  
**2:00 Art Class with Mary Lee**  
 - 3F CR: "Winter Wonderland Snow Flakes"  
**3:00 Chair Yoga - WC**  
**3:00 Billiards Tournament Begins!**  
 - **AL 2F East Lounge**  
**4:00 Blood Pressure Checks - 3F SR**

## Tuesday January 10

- 9:30 Bean Bags - 3F SR**  
**11:30 AL Exercise - 3F SR**  
**1:00 Hands in Motion - WC**  
**2:00 Dealing with Loss - RC3:**  
**"Bridge of Awareness"**  
**presented by Rev. B Elliott**  
**Renfro, Chaplain**  
**2:30 NEW Time! AL Birthday Party**  
 - **3F Dining Room**  
**3:30 Hope Therapy Dogs - 1F Bistro**  
**3-5:00 Social Hour - CR**  
**7:00 Forum - RC1, 2 & 3: "Impact of**  
**the Baby Fold" Presented by**  
**Dr. Kathleen Bush (Daughter of**  
**Village Resident Al Beaver)**

## Wednesday January 11

- 9:30 Short Stories - 3F SR**  
**10:00 Coffee - RC1 & 2: "Frank Lloyd**  
**Wright: Part One" Presented by**  
**PBS**  
**11:30 AL Exercise - 3F SR**  
**12:30-1:30 Lisa Office Hours - 3F AR**

- 1:30 AL Meeting with Barb Nathan,**  
**CEO - 3F SR**  
**1:00 Balance Class - WC**  
**2:30 Bingo - 3F SR**  
**3:15 Dealing with Change - 2F Private**  
**Dining Room**  
**6:15 IWU Men's Basket Ball Trip**  
**6:30 Nostalgic Movie Night - RC2 & 3:**  
**"West Side Story"**  
**(1961, Approved) Resident**  
**Requested**

## Thursday January 12

- 9:00 Morning Walking Group**  
 - 1F Bistro  
**9:15 Garden Club Trip**  
**11:30 AL Exercise - 3F SR**  
**1:00 Hands in Motion - WC**  
**1:00 Name That Tune Game with**  
**volunteer Tim Penhollow**  
 - **RC1 & 2**  
**1:30 Painting Group - 3F AR**  
**2:30 Reminisce - 2F SR**  
**3:00 Current Events - 1F East Lounge**  
**3-5:00 Social Hour - CR**  
**4:00 Blood Pressure Checks - 3F SR**  
**4:15-5:00 Lisa Office Hours - 3F AR**  
**7:00 American Passion Play**  
 - **RC1, 2, & 3**

## Friday January 13

- 9:00 Games - 3F SR: "New Snow Ball**  
**Game"**  
**10:00 Coffee - RC1 & 2: "Frank Lloyd**  
**Wright: Part Two" Presented by**  
**PBS**  
**10:00 Bible Study with Dave Kistner**  
 - 3F West Lounge  
**11:15 Schooners Lunch Trip**  
**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: "Home Alone 3"**  
**(1997, PG)**  
**2:00 AL Bridge Club - 3F CR**  
**2:30 Games Again! - 3F SR: "Name 10"**  
**7:00 Movie & Popcorn - RC 1 & 2:**  
**"The Help" (2011, PG-13): Slavery**  
**Awareness Month - Resident**  
**Requested**

## Saturday January 14

- 10:00 Art Club - 3F AR**  
**10:00 Bean Bag Social with ISU Softball**  
**Team - SC**  
**2:00 Bingo - 3F SR**  
**7:00 Movie & Popcorn - RC2 & 3:**  
**"Redeeming Love" (2022, PG-13)**  
**World Religion Day. Based on the**  
**novel by Francine Rivers**

## Sunday January 15

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**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  
**1:45 Sweat at Community Players**  
**Theatre Trip (CANCELLED)**  
**2:00 AL Vespers - 3F SR: David Kistner,**  
**Bible Study Leader**  
**4:15 Vespers - RC1: Rev. Tanya**  
**Edwards-Evans, Associate Pastor,**  
**Wesley UMC**



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