

IL & AL Weekly Activity Sheet for April 27 - May 3

Pg. 1

Sunday - 04/27

- 8:00 - St. John's Lutheran Church Trip
- 8:30 - Calvary United Methodist & Christ Lutheran Church Trip
- 10:00 - Virtual Catholic Mass, RC1
- 10:15 - First Presbyterian Church Trip
- 3:00 - Vespers, RC3: Leader, Gary Stevens & Pianist, Scena Cleveland
- 5:30 - B1 F3 Floor Meeting, B1 F3 Y
- 7:00 - At Home Entertainment, Ch 88

Monday - 04/28

- 9:00 - Flexible Fitness, RC2&3
- 9:00 - Flexible Fitness, Ch 88
- 10:00 - Bean Bags, SC
- 10:00 - Making Woven Mats, RC2
- 10:00 - *Cardio Drumming, WC
- 11:00 - Lunch Outing, Chicken Salad Chick Trip
- 11:00 - Willows Lunch & Meeting, ClubHouse
- 11:00 - *Body Balance, WC
- 11:30 - AL Chair Exercise, AL3FSR
- 1:00 - Bible Study with Linda & Bryce Hays, RC1
- 1:00 - Blood Pressure Checks, AL2FSR
- 1:00 - Bridge, CR
- 1:30 - AL Arts & Crafts, AL3FAR
- 2:00 - Billiards with Leah, AL2FEL
- 3:00 - Chair Yoga, WCBR
- 3:00 - Bingo, RC1&2
- 3:00 - Chair Chi, Ch 88
- 7:00 - Americana In Story & Song presented by Bud Jorgenson, Team Member, RC1,2&3

Tuesday - 04/29

- 9:00 - Sit, Stand & Move!, RC2 &3
- 9:30 - Sit and Fit, Ch 88
- 10:00 - AL Short Story, AL Theater: "Lamb to the Slaughter" by Roald Dahl
- 11:30 - AL Chair Exercise, AL3FSR
- 1:00 - Hands in Motion, Ch 88
- 1:00 - Hands in Motion, WC
- 2:00 - Advanced Cardio, WC
- 2:45 - Line Dancing, AC
- 3:00 - Social Hour, CR
- 7:00 - Poetry Night, RC1&2

Celebrate the Poets

Come out and celebrate the poets among us, With words that dance and hearts that discuss. Whether you plan to recite or simply listen, In the glow of verse, let your spirit glisten.



Wednesday - 04/30

- 9:00 - Flexible Fitness, RC2&3
- 9:00 - Flexible Fitness, Ch 88
- 9:30 - AL Bean Bags, AL3FSR
- 10:00 - Coffee, RC1&2: "Get"
- 10:30 - AL Reminisce, AL3FSR
- 11:00 - *Advanced Balance, WC
- 11:30 - AL Chair Exercise, AL3FSR
- 1:00 - AL Let's Sing, AL Theater
- 1:00 - Open Art Studio, AC
- 1:00 - Shopping at Carle BroMenn Resale Boutique Trip
- 1:00 - *Body Balance, WC
- 1:00 - Chair Yoga, Ch 88
- 2:00 - Bible Study with Dave Eaton, RC3
- 3:00 - Rummikub Tile Game, RC2
- 3:00 - A L Bingo, AL3FSR
- 3:00 - PingPong with Zoie, AL2FWL



For an Appointment

Email:

tech@westminstervillageinc.com

Call: (309) 585 - 4887

*** Note:**

When scheduling time in the Wellness Center, please adhere to your assigned time.

IL & AL Weekly Activity Sheet for April 27 - May 3

Pg. 2

Thursday - 05/01

- 9:00 - Morning Walk, AL Bistro
- 9:00 - Chair Dance, Ch 88
- 9:15 - Morning Walk, SC
- 10:00 - Short Story, RC3: "The Machine Stops - Chapter 2: The Mending Apparatus" by E. M. Forster
- 10:00 - *Cardio Drumming, WC
- 11:30 - AL Chair Exercise, AL3FSR
- 12:30 - Low Vision Support Group with Tiena Kidd, LIFECIL, RC2
- 1:00 - AL Blood Pressure Checks, AL3FSR
- 1:00 - Hands in Motion, WC
- 1:45 - Mexican Train Dominoes, RC1
- 3:00 - Open Euchre with Leah, AC
- 3:00 - Social Hour, CR
- 3:00 - Shadow Boxing, Ch 88
- 7:00 - "Race For the Crown Documentary Ep1 & 2", Ch 88. *"The Kentucky Derby is commonly known as 'the most exciting two minutes in sports,' but there's so much more that goes on behind the scenes, both before and after the Run for the Roses."*

Friday - 05/02

- 9:00 - Sit, Stand & Move!, RC2&3
- 9:00 - Sit and Fit, Ch 88
- 9:30 - Mornings with the Professors, Ch 88: "The Legacy of Medieval Anti-Judaism"
- 10:00 - Coffee, RC1&2: "Northern Lights at Churchill Manitoba Presented by Jim & Lynn Yarbrough"
- 10:00 - Bible Study, AL3FWL
- 11:00 - *Advanced Balance, WC
- 11:30 - AL Chair Exercise, AL3FSR
- 2:00 - Bridge, AL3FAR
- 2:00 - Bingo, RC1&2
- 3:00 - Voice Students Studio Recital Directed by ISU Professor Lily Thompson, SC
- 7:00 - Movie & Popcorn, RC1&2



Watch Party at
Westminster Village
May 3 | 4:30 p.m. | CR

Saturday - 05/03

- 9:00 -Greenhouse Fieldtrip
- 9:00 - Chair Yoga, Ch 88
- 1:00 - Open Art Studio, AC
- 2:00 - Bingo, AL3FSR
- 4:30 - Kentucky Derby Watch Party, CR
- 6:45 - Illinois Symphony Orchestra: Passion & Pulse, ISU Center for the Performing Arts Trip
- 7:00 - At Home Entertainment, Ch 88
- 7:00 - Movie & Popcorn, RC1&2

Movie & Popcorn /
At Home Entertainment
SUNDAY, Apr. 27, 7:00 p.m., Ch 88:
"1 Orchestra | 40 Film & TV Themes"
(2023) Run Time: 25m
FRIDAY, May 2, 7:00 p.m., RC1&2:
"Good Fellas" (1990, R) Run Time: 2h 25m
SATURDAY, May 3, 7:00 p.m.:
RC1 &2: "Breakfast at Tiffany's"
(1961, Approved) Run Time: 1h 55m
Ch 88: "The Leopard - Episode 5"
(2025, TV-MA) Run Time: 1h 10m
SUNDAY, May 4, 27, 7:00 p.m., Ch 88:
"Mamma Mia" (2008, PG-13) Run Time: 1h 49m

AC	Arts and Crafts
CR	Club Room
FFP	Foundation Fountain Park
FGW	Foundation Garden Walk
RC	Resident Center
RMR	Resident Meeting Room
SC	Social Center
WC	Wellness Center
AL	Assisted Living
2FEL	2nd Floor East Lounge
2FWL	2nd Floor West Lounge
2FSR	2nd Floor Sunroom
DR	Dining Room
3FAR	3rd Floor Art Room
3FCR	3rd Floor Card Room
3FSR	3rd Floor Sunroom
3FEL	3rd Floor East Lounge
3FWL	3rd Floor West Lounge
MPR	Health Center Multi-Purpose Room

Bargain Boutique Hours

Tuesday: 10:00 a.m. - 12:00 p.m.
Wednesday: 1:00 p.m. - 3:00 p.m.
Saturday: 9:00 a.m. - 12:00 p.m.