IL & AL Weekly Activity Sheet for April 13 - April 19

Pg. 1

Sunday - 04/13 Monday - 04/14	Tuesday - 04/15	Wednesday - 04/16
 8:00 - St. John's Lutheran Church Trip 8:30 - Calvary United Methodist & Christ Lutheran Church Trip 10:00 - Virtual Catholic Mass, RC1 1:00 - US Army Field Band: Jazz Ambassadors, Bloomington Center for the Performing Arts Trip 3:00 - Palm Sunday Vespers, 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 - *Body Balance, WC 11:30 - AL Chair Exercise, AL3FSR 1:00 - Bible Study with Linda & Bryce Hays, RC1 1:00 - Blood Pressure Checks, AL 2FSR 	 9:00 - Sit, Stand & Move!, RC2&3 9:30 - Sit and Fit, Ch 88 10:00 - All Resident Meeting, SC 11:30 - AL Chair Exercise, AL3FSR 12:45 - Bridge Club, RC2 1:00 - Bunco Buddies, RC3 1:00 - Hands in Motion, Ch 88 1:00 - Hands in Motion, WC 2:00 - Advanced Cardio, WC 2:30 - Dining Committee, RC1 2:45 - Line Dancing, AC 3:00 - Social Hour, CR * Note: When scheduling time in the Wellness Center, please adhere to your assigned time. 	 9:00 - Flexible Fitness, RC2&3 9:00 - Flexible Fitness, Ch 88 9:30 - AL Bean Bags, AL3FSR 10:00 - Coffee, RC1 & 2: "Grief" presented by Bruce Boeck, Retired psychologist 10:15 - Lunch Outing, Tea Room at the Depot Trip 10:30 - AL Reminisce, AL3FSR 11:00 - *Advanced Balance, WC 11:30 - AL Chair Exercise, AL3FSR 1:00 - Drawing and Watercolor with Jan Holder, AC: <i>Class is</i> <i>full</i> 1:00 - AL Let's Sing, AL Theater 1:00 - TED Talks, RC1 1:00 - Chair Yoga, Ch 88 1:30 - Academy of Seniors, Ch 88: "Artificial Intelligence - Demon, Angel or Something In- between (4-part Series)" 2:00 - Bible Study with Dave Eaton, RC3 3:00 - Rummikub Tile Game, RC2 3:00 - Needlework's Group,RMR 3:00 - PingPong with Zoie, AL 2FWL 7:00 - Illinois Wesleyan Jazz Combo, SC

IL & AL Weekly Activity Sheet for April 13 - April 19

Pg. 2

Thursday - 04/17	Friday - 04/18	Saturday - 04/19	AC	Arts and Crafts
 9:00 - Morning Walk, AL Bistro 9:00 - Chair Dance, Ch 88 9:15 - Morning Walk, SC 10:00 - Coffee with Carolyn, AL Bistro 10:00 - Resident Council, RC1&2 10:00 - Short Story, RC3: "The Easter Egg" by H.H. Munro (SAKI) 10:00 - *Cardio Drumming, WC 11:30 - AL Chair Exercise, AL3FSR 1:00 - AL Blood Pressure Checks, AL3FSR 1:00 - Hands in Motion, WC 1:30 - Maundy Thursday Service, MPR: Leader, Dave Eaton & Pianist, Carol Churukian 1:45 - Mexican Train Dominoes, RC1 3:00 - Open Euchre with Leah, AC 3:00 - Social Hour, CR 3:00 - Shadow Boxing, Ch 88 	Good Friday 9:00 - Sit, Stand & Move!, RC2&3 9:00 - Sit and Fit, Ch 88 9:30 - Mornings with the Professors, Ch 88: "Animal Welfare, Human Influence and the Role of Reputable Institutions" 10:00 - Coffee, RC1 & 2: "Documentary: Is Ozempic Right for You?" Dr. Sanjay Gupta dives into these blockbuster dietary therapeutics 10:00 - Bible Study, AL3FW 11:00 - *Advanced Balance, WC 11:30 - AL Chair Exercise, AL3FSR 12:00 - All Resident Meeting Recording, Ch 88: <i>Plays all day</i> 1:00 - Real Live BUNNIES! SC 2:00 - Bridge, AL3FAR 2:00 - Bingo, RC1&2 2:30 - AL Real Live BUNNIES! AL Bistro 5:30 - College Alumni Club, Wesleyan's Memorial Hall Trip 7:00 - Movie & Popcorn, RC1 & 2 Come out today and hold a real, <i>live bunny. It's a tradition! See</i> <i>above for times and locations.</i>		2FEL 2FWL 2FSR DR 3FAR 3FCR 3FSR 3FEL 3FWL MPR Bar Tuesda Wedne	2nd Floor West Lounge 2nd Floor Sunroom Dining Room 3rd Floor Art Room 3rd Floor Card Room 3rd Floor Sunroom 3rd Floor East Lounge