

Sunday - 01/05

- 8:00 - St. John's Lutheran Church Trip, FE
- 8:30 - Calvary United Methodist & Christ Lutheran Church Trip
- 9:00 - Calvary Live Streaming, Ch 88
- 10:00 - Virtual Catholic Mass, RC1
- 10:15 - First Pres. Church Trip
- 3:00 - Vespers, RC3
- 7:00 - At Home Entertainment, Ch 88

***Note:**

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



Call or email for an appointment.
 Tuesday & Thursday
 9:00 a.m. - 4:30 p.m.
 Wednesday
 9:00 a.m. - 3:00 p.m.

Lucas Williamson
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Monday - 01/06

- \$ Due for the Illinois Symphony Orchestra**
- 9:00 - Flexible Fitness, RC2&3
 - 9:30 - Flexible Fitness, Ch 88
 - 10:00 - Bean Bags, SC
 - 10:00 - *Cardio Drumming, WC
 - 10:45 - Entertainment Committee, RC1
 - 11:00 - *Body Balance, WC
 - 11:30 - AL Chair Exercise, AL3FSR
 - 1:00 - Bible Study, RC1
 - 1:00 - Blood Pressure Checks, AL2FSR
 - 1:00 - Mahjong, CR
 - 1:30 - AL Arts & Crafts, AL3FAR
 - 1:30 - Sundae Monday, Landing
 - 2:00 - Billiards with Andrew, AL2FEL
 - 2:00 - Current Events, RC3
 - 2:30 - Sundae Monday, AL Bistro
 - 3:00 - Chair Yoga, WC
 - 3:00 - Bingo, RC1&2
 - 3:00 - Chair Chi, Ch 88

Tuesday - 01/07

- 9:00 - Sit, Stand & Move!, RC2&3
- 9:30 - Sit and Fit, Ch 88
- 10:00 - AL Short Story, AL Theater: "Uncle Richard's New Year Dinner" by Lucy Maud Montgomery
- 11:30 - AL Chair Exercise, AL3FSR
- 1:00 - Bunco Buddies, RC3
- 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 - Marty Eckert StorySinger, SC

Annual Puzzle Competition Month-Long Challenge!

You have **January 1st** to **January 30th** to work together to complete as many puzzle pieces as possible.

Join the "Puzzle Group" on Community/Icon to participate and share your progress!



Wednesday - 01/08

- 9:00 - Flexible Fitness, RC2&3
- 9:30 - AL Bean Bags, AL3FSR
- 9:30 - Flexible Fitness, Ch 88
- 10:00 - Coffee, RC1&2: "Life Enrichment Annual Review: How Can We Improve!" Presented by the Life Enrichment Team
- 10:00 - AL Bi-Monthly Meeting with Matt Riehle, CEO, AL3FSR
- 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 - Hand & Foot Card Game, CR
- 1:00 - Open Art Studio, AC
- 1:00 - Shopping at Bronze Giraffe Antiques Trip
- 1:00 - *Body Balance, WCBR
- 1:00 - Chair Yoga, Ch 88
- 1:30 - Vespers, MPR
- 2:00 - Bible Study with Dave Eaton, RC3
- 2:30 - Pop-Up Library, SC
- 3:00 - AL Bingo, AL3FSR
- 3:00 - PingPong with Jaclyn, AL2FWL

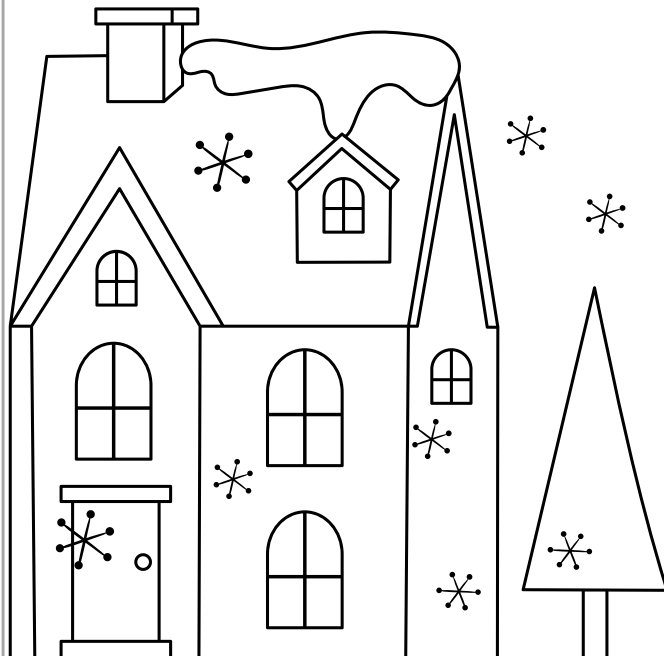
IL & AL Weekly Activity Sheet for January 5 - January 11

Thursday - 01/09

- 9:00 - Morning Walk, AL Bistro
- 9:00 - Chair Dance, Ch 88
- 9:15 - Garden Club, Normal Activity Center
- 9:15 - Morning Walk, SC
- 10:00 - Short Story, RC3: "Scarlet Stockings" by Louisa May Alcott
- 10:00 - Veterans Coffee, RC1&2
- 10:00 - *Cardio Drumming, WC
- 11:30 - AL Chair Exercise, AL3FSR
- 1:00 - TECH Talks, RC1
- 1:00 - AL Blood Pressure Checks, AL3FSR
- 1:00 - Hands in Motion, WC
- 2:00 - Silver Chords Rehearsal, RC3
- 3:00 - Open Euchre with Leah, AC
- 3:00 - Social Hour, CR
- 3:00 - Shadow Boxing, Ch 88
- 7:00 - Golden Embers (Old Time Gospel Band), SC

Friday - 01/10

- 9:00 - Sit, Stand & Move!, RC2&3
- 9:00 - Sit and Fit, Ch88
- 10:00 - Coffee, RC1&2: "How to Become Tech Savvy" Presented by Functional Pathways
- 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
- 6:45 - One Flew Over the Cuckoo's Nest, Community Players Theatre Trip
- 7:00 - Movie & Popcorn, RC1&2



Saturday - 01/11

- 9:00 - Chair Dance, Ch88
- 10:00 - Arts & Crafts, AC: "Snowmen Fashion Show"
- 1:00 - Open Art Studio Time, AC
- 2:00 - Bingo, AL3FSR
- 7:00 - At Home Entertainment, Ch 88
- 7:00 - Movie & Popcorn, RC1&2

Movie & Popcorn / At Home Entertainment

SUNDAY, Jan. 5, 7:00 p.m., Ch 88
 "Waiting for God" (1990, Season 2, Episodes 1& 2) Comedy
 Episode 1: Tom and Diana rebel.
 Episode 2: Tom feels lonely.

FRIDAY, Jan. 10, 7:00 p.m., RC1&2:
 "The Sound of Music" (1965, G)
 Classical Musical, Biograph, Romance

SATURDAY, Jan. 11, 7:00p.m.
 Ch 88: "The Only Girl in the Orchestra" (2023, G)
 Documentary, Music

RC1&2: "Les Misérables" (1998, PG-13) Musical, Drama, Romance

SUNDAY, Jan. 12, 7:00 p.m., Ch 88
 "I Am Big Bird: The Caroll Spinney Story" (2014, TV-14) Documentary

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.