

# IL & AL Weekly Activity Sheet for June 1 - June 7

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Sunday - 06/01	Monday - 06/02	Tuesday - 06/03	Wednesday - 06/04
<ul style="list-style-type: none"> <li>• 8:00 - St. John's Lutheran Church Trip</li> <li>• 8:30 - Calvary United Methodist &amp; Christ Lutheran Church Trip</li> <li>• 9:15 - First Presbyterian Church Trip</li> <li>• 10:00 - Virtual Catholic Mass, RC1</li> <li>• 3:00 - Vespers, RC3: Kevin Chupp, Preacher, Mennonite Church of Normal and Scena Cleveland, Pianist</li> <li>• 7:00 - At Home Entertainment, Ch 88</li> </ul>	<p><b>\$ Due for THE RUMMAGE SALE: 2025 10-Minute Play Festival</b></p> <ul style="list-style-type: none"> <li>• 9:00 - Flexible Fitness, RC2&amp;3</li> <li>• 9:00 - Flexible Fitness, Ch 88</li> <li>• 10:00 - Bean Bags, SC</li> <li>• 10:00 - Making Woven Mats, RC2</li> <li>• 10:00 - *Cardio Drumming, WC</li> <li>• 10:45 - Entertainment Committee, RC1</li> <li>• 11:00 - *Body Balance, WC</li> <li>• 11:30 - AL Chair Exercise, AL3FSR</li> <li>• 1:00 - Route 66 Afternoon Drive Trip (<i>stopping at Wally's</i>)</li> <li>• 1:00 - Bible Study with Linda &amp; Bryce Hays, RC1</li> <li>• 1:00 - Blood Pressure Checks, n AL2FSR</li> <li>• 1:00 - Mahjong, AC</li> <li>• 1:45 - Sundae Monday, Landing</li> <li>• 2:00 - Current Events, RC3</li> <li>• 2:00 - Open Billiards, AL2FEL</li> <li>• 3:00 - Bingo, RC1&amp;2</li> <li>• 3:00 - Chair Chi, Ch 88</li> <li>• 3:00 - Chair Yoga, WC</li> </ul>	<ul style="list-style-type: none"> <li>• 9:00 - Sit, Stand &amp; Move!, RC2&amp;3</li> <li>• 9:30 - Sit and Fit, Ch 88</li> <li>• 10:00 - AL Short Story "A Story Without a Title" by Anon Chekhov, AL Theater</li> <li>• 11:30 - AL Chair Exercise, AL3FSR</li> <li>• 12:45 - Bridge Club, RC2</li> <li>• 1:00 - Bunco Buddies, RC3</li> <li>• 1:00 - Movie Committe 2025, RC1</li> <li>• 1:00 - Hands in Motion, Ch 88</li> <li>• 1:00 - Hands in Motion, WC</li> <li>• 2:00 - Advanced Cardio, WC</li> <li>• 2:45 - Line Dancing, AC</li> <li>• 3:00 - Social Hour, CR</li> <li>• 7:00 - Kinzinger Family Entertainment, SC</li> </ul> <p><b>* Note:</b> When scheduling time in the Wellness Center, please adhere to your assigned time.</p>	<ul style="list-style-type: none"> <li>• 9:00 - Flexible Fitness, RC2&amp;3</li> <li>• 9:00 - Flexible Fitness, Ch 88</li> <li>• 9:30 - AL Bean Bags, AL3FSR</li> <li>• 10:00 - Coffee: Meet the New Spiritual Care Coordinator Ernie Stone, RC1&amp;2</li> <li>• 11:00 - *Advanced Balance, WC</li> <li>• 11:30 - AL Chair Exercise, AL3FSR</li> <li>• 1:00 - Calligraphy 101 with Mac McElroy, AC (<i>Class Full</i>)</li> <li>• 1:00 - Vertical Farm Tour, Illinois State University Trip</li> <li>• 1:00 - TED Talks, RC1</li> <li>• 1:00 - *Body Balance, WC</li> <li>• 1:00 - Chair Yoga, Ch 88</li> <li>• 2:00 - Bible Study with Dave Eaton, RC3</li> <li>• 3:00 - Rummikub Tile Game, RC2</li> <li>• 3:00 - AL Bingo, AL3FSR</li> <li>• 3:00 - PingPong with Zoie, AL 2FWL</li> </ul>





**Tech@Home**  
-Connecting People with Technology-

For an Appointment

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# IL & AL Weekly Activity Sheet for June 1 - June 7

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Thursday - 06/05	Friday - 06/06	Saturday - 06/07
<ul style="list-style-type: none"> <li>9:00 - Morning Walk, AL Bistro</li> <li>9:00 - Chair Dance, Ch 88</li> <li>9:15 - Morning Walk, SC</li> <li>10:00 - Coffee with Ernie, Spiritual Care Coordinator, AL Bistro</li> <li>10:00 - Short Story, RC3: "The Other Women" by Sherwood Anderson</li> <li>10:00 - *Cardio Drumming, WC</li> <li>11:30 - AL Chair Exercise, AL3FSR</li> <li>12:30 - Low Vision Support Group, RC2: With Tiena Jordan-Kidd, Vision Access Advocate, LIFE CIL</li> <li>1:00 - Mexican Train Dominoes, RC3</li> <li>1:00 - AL Blood Pressure Checks, AL3FSR</li> <li>1:00 - Hands in Motion, WC</li> <li>3:00 - Open Euchre with Leah, AC</li> <li>3:00 - Social Hour, CR</li> <li>3:00 - Shadow Boxing, Ch 88</li> <li>7:00 - At Home Entertainment, Ch 88: "The PITT", Episode 4</li> <li>7:00 - Dr. Jillian Kouzel, ISU Oboe Professor, and Pianist Lu Witzig, SC</li> </ul>	<ul style="list-style-type: none"> <li>9:00 - Sit, Stand &amp; Move!, RC2&amp;3</li> <li>9:00 - Sit and Fit, Ch 88</li> <li>10:00 - Coffee, RC2&amp;3: "Facilities and Properties: Emergency Pendant, Pull Cord and Check-in Button informational session" presented by Kevin Butler, Facilities Director</li> <li>10:00 - Bible Study, AL3FWL</li> <li>11:00 - *Advanced Balance, WC</li> <li>11:30 - AL Chair Exercise, AL3FSR</li> <li>12:30 - Healing Rides Trip 1, Constitution Trail</li> <li>1:30 - Healing Rides Trip 2, Constitution Trail</li> <li>2:00 - Bridge, AL3 FAR</li> <li>2:00 - Bingo, RC1&amp;2</li> <li>3:00 - Social Hour, CR</li> <li>6:45 - THE RUMMAGE SALE: 2025 10-Minute Play Festival, Heartland Theatre Company Trip</li> <li>7:00 - Movie &amp; Popcorn, RC1&amp;2</li> </ul>	<ul style="list-style-type: none"> <li>9:00 - Chair Yoga, Ch 88</li> <li>1:00 - Open Art Studio Time, AC</li> <li>7:00 - At Home Entertainment, Ch 88</li> <li>7:00 - Movie &amp; Popcorn, RC1&amp;2</li> </ul> <div> <p>Movie &amp; Popcorn / At Home Entertainment</p> <p><u>SUNDAY, June 1, 7:00 p.m., Ch 88:</u> "Hollywood Musicals of the 50s &amp; 60s, Episode 1 &amp; 2" (2000, TV-G) Run Time: 46m each</p> <p><u>FRIDAY, June 06, 7:00 p.m., RC1&amp;2:</u> "Cabaret (1972, PG) Run Time: 2h 4m</p> <p><u>SATURDAY, June 7, 7:00 p.m.:</u> RC1 &amp; 2: "Sully" (2016, PG-13) Run Time: 1h 36m</p> <p>Ch 88: "Click" (2006, PG-13) Run Time: 1h 48m</p> <p><u>SUNDAY, June 8, 7:00 p.m., Ch 88:</u> "Rain Man (1988, R) Run Time: 2h 14m</p> </div>

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.