Church Trip 8:30 Calvary Methodist Church Trip 9:00 Flexible Fitness, Church Trip 9:00-10:00 Calvary Live Streaming, Ch88 10:00 Virtual Catholic Mass, RC1 10:15 Christ Lutheran & First Pres. Church Trip 3:00 Vespers, RC3 7:00 At Home Movie, Ch88: My Best Friend Anne Frank (2021, TV-14) - Drama  Morning, AL2FSR 9:00 Flexible Fitness, RC2&3 9:30 Painting Group, AL3FAR 9:30 Painting Group, AL3FAR 9:30 Painting Group, AL3FAR 9:30 Flexible Fitness, RC2&3 9:30 Bean Bags, AL3FSR 11:30 AL Chair Exercise, Ch88 11:30 AL Chair Exercise, AL3FSR 10:00 Hands in Motion, WC 11:15 Lunch at Imperial Buffet Trip 11:30 AL Chair Exercise, AL3FSR 11:30 AL Chair Exercise, AL3FSR 11:00 **Advanced Bal- Incomplete Fitness, RC2&3 9:00 Flexible Fitness, RC2&3 9:30 Bean Bags, AL3FSR 9:30 Flexible Fitness, RC2&3 9:30 Flexible Fitness, Ch88 11:30 AL Chair Exercise, Profesented by Ron 10:00 Cardio Drumming, Bordewick'' 10:30:30 Reminisce, AL3FSR 11:30 AL Chair Exercise, AL3FSR 11:00 **Advanced Bal- Incomplete Fitness, RC2&3 9:30 Flexible Fitness, Ch88 11:30 Flexible Fitness, RC2&3 9:30 Flexible Fitness, Ch88 10:00 Cardio Drumming, Flexible Fitness, RC2&3 9:30 Flexible Fitness, RC2&3 9:30 Flexible Fitness, RC2&3 9:30 Flexible Fitness, RC2&3 9:30 Flexible Fitness, Ch88 10:00 Cardio Drumming, Flexible Fitness, RC2&3 9:30 Flexible Fitness, Ch88 10:00 Cardio Drumming, Flexible Fitness, RC2&3 9:30 Flexible Fitness, Ch88 10:00 Cardio Drumming, Flexible Fitness, Ch88 10:00 Cardio Drumming, Flexible Fitness, Ch88 10:00 Cardio Drumming, Flexible Fitness, Ch88 10:00 Car	8:30 Mornings with the Professors Trip 9:00 Game "Question Ball", AL3FSR 9:00 Sit, Stand & Move	9:00 Chair Yoga, Ch88 9:45 Greenhouse Shop- ping Trip 10:00 Westminster
The following updates were made to the Weekly Sheet as follows:  Combined Independent Living (IL) and Assisted Living (AL) into one document.  1:00 Blood Pressure Checks, AL3FSR (Cardio, WC (Checks, AL2FSR) (Checks, AL3FSR) (Checks, AL2FSR) (Checks, AL2FSR) (Checks, AL3FSR) (Checks) (Checks, AL3FSR) (Checks, AL3FSR) (Checks, AL3FSR) (Checks, AL	9:00 Sit and Fit, Ch88 9:30 Mornings with the Professors Zoom, Ch88 10:00 Coffee, RC1&2: "Introduction to Baroque Music Part 1" Presented by Michael Dicker, ISU Emeritus Professor of Bassoon 11:00**Advanced Balance, WC 11:30 AL Chair Exercise, AL3FSR 1:00 Midday Movie, AL Theater: "The Miracle Club" (2023, PG-13) - Drama, Comedy 1:00 Telling Your Story,	!, Botany - "Field Trip to Local Garden Centers" 1:00 Open Art Studio Time, AC 2:00 Bingo, AL3FSR 4:30-5:30pm Kentucky Derby Watch Party, CR 6:45 IL Symphony Orchestra, Opposites Attract Trip 7:00 At Home Movie, Ch88: "Legal Eagles" (1986, PG) - Comedy, Crime, Romance 7:00 Movie & Popcorn, RC1&2: "Megan Leavy" (2017, PG-13) - Action, Drama, Biography

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

## IL and AL Weekly Activity Sheet for April 28 - May 4

National Volunteer Week is celebrated annually during the third week of April and this year it will be observed from April 21 to 27. This event spotlights individuals whose kindness through volunteering is bettering our community. **Thank you** to the following individuals for their time spent at Westminster Village helping our residents!

Ron Hofbauer Wanita Rader Wayne Kimber Bev Kohler Miriam Busch Nan Ragsdale Joyce Bryant Eleanor Wellenreiter Jay Wheeler Mac McElroy Carolyn Grigsby Suzie Fitsgerald Connie Bankes **Ron Parsons** Karin Hunt **Denny Mallory** Dick West **Donna Smaling** Sue Miller Marcia West Lee Ora Osborn Sally Rudolph Laura Cain Mary Hillhouse Rick Metz Barb Crabtree Sherrie Carmichael Maureen & Brian Barnes **Charlotte Talkington** Trilby Sedgwick **Reg Bernard Connie Grusy** YouthBuild of Mclean County **Steve Crutcher** Phyllis Clay **Ginny Mahan** Jack Kjeldgaard **Ethlyn Yount** Wilma Jean Alexander **Ginny Graves BJHS Student Council** Don Wilbur **Ruth Cunningham** Marilyn Townley Suzanne Yates **Burt McIntosh** Carol Schrantz **Merold Yates** Micheal McGaughan Carolyn Johnston **Christine Gruber Dorothy Jones** Dollie Lees **Annetta Rennels** Eileen Rykerd Barb Crabtree Kay Ramseyer Scena Cleveland Gerry Decker Dave Myatt Jo Folev **Barb Nobles** Kerry Krumwiede

**Dolores Hellweg** 

THANK YOU!

Mary Lou Kimball

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 2nd Floor East Lounge 2F EL 2nd Floor West Lounge 2F SR 2nd Floor Sunroom DR **Dining Room 3F AR** 3rd Floor Art Room 3rd Floor Card Room 3F CR 3F SR 3rd Floor Sunroom 3rd Floor East Lounge 3F EL

**3F WL** 3rd Floor West Lounge

Purpose Room

Health Center Multi



**Wanted:** Sunday Vespers Service is in need of volunteer pianists. If you or someone you know is interested in occasionally playing 2 - 3 hymns during Vespers, please contact **Cassandra at** (309) 319 - 2582.

MPR

KENTUCKY DERBY. 2nd Annual WV Watch Party **Experience the Running of** the 150<sup>th</sup> Kentucky Derby

Ladies and gentlemen, use your widgets and place your bets! Plan to watch "the most exciting two minutes in sports" to see the horse that wins the roses!

Date: Saturday, May 4

Club Room and Social Center **Location:** 

4:30 p.m. Heavy Hors D'oeuvres & Refreshments

4:45 p.m. Place your bets on your favorite horse for a

chance to win all the widget!

5:39 p.m. Singing of "My Old Kentucky Home"

5:45 p.m. **Expected Post Time Race**  **Tech@Home** 9:00 a.m. - 12:00 p.m. 12:30 p.m. - 5:00 p.m. Michael Lynn (414) 219-9806

techathome@parasolalliance.com

