IL and AL Weekly Activity Sheet for May 13 - May 19

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

Monday - 13	Tuesday - 14	Wednesday - 15	Thursday - 16	Friday - 17
9:00am Musical Monday	9:00am Sit, Stand & Move!,	9:00am Flexible Fitness,	9:00am Morning Walk, AL	Heartland Theatre Company
Morning, AL 2F Sunroom	RC2 & 3	RC1, 2 & 3	Bistro	"10-Minute Play Festival:
9:00am Flexible Fitness,	9:30am Painting Group, AL	9:30am Bean Bags, AL 3F SR	9:00am Chair Dance, Ch88	Ghosts" \$ Due
R2 & 3	3F AR	9:30am Flexible Fitness,	9:15am Morning Walk, SC	9:00am Game Time -
9:30am Flexible Fitness,	9:30am Sit and Fit, Ch88	Ch88	10:00am 2nd Floor Know	"Discovering Paris Dice
Ch88	11:00am 3 rd Round of Inter-	10:00am Coffee, RC1 & 2:	Your Neighbor Circle,	Game", AL 3F SR
10:00am Bean Bags, SC	view Project with BJHS, RC1,	"New Plants For Your Patio	AL 2F EL	9:00am Sit, Stand & Move!,
10:00am Memory Games,	2 & 3	or Balcony" By Eldon Haab,		RC2 & 3
AL 3F SR	11:30am AL Chair Exercise,	Resident	RC1 & 2	9:00am Sit and Fit, Ch88
10:00am *Cardio Drum-	AL 3F SR	10:30am Reminisce,	10:00am Short Story, RC3:	10:00am Bible Study with
ming, WC	1:00pm Hands in Motion, Ch88	AL 3F SR	"The Scapegoat" By Paul	Dave K, AL 3F WL
11:00am *Body Balance,		11:00am *Advanced Bal-	Laurence Dunbar	10:00am Coffee, RC1 & 2:
WC	1:00pm Hands in Motion,	ance, WC	10:00am *Cardio Drum-	"Introduction to Baroque
11:00am Widget Cart, AL 3F	1:30pm PBS Programming,	11:30am AL Chair Exercise,		Music Part 2" By Michael
SR		AL 3F SR		Dicker, ISU Emeritus Profes-
11:30am AL Chair Exercise,	Enisode 1" (2023) Biography	1:00pm Open Art Studio, AC	AL 3F SR	sor of Bassoon
AL 3F SR	Drama	1:00pm Canceled TED Talks	1:00pm Blood Pressure	11:00am *Advanced Bal-
12:15pm Volunteering at	1:30pm Scrabble, CR	1:00pm *Body Balance, WC	Checks, AL 3F SR	ance, WC
Midwest Foodbank Trip	2:00pm Life After Loss, RC2	1:00pm Chair Chi, Ch88	1:00pm Hands in Motion,	11:30am AL Chair Exercise, AL 3F SR
1:00pm Bible Study with	2:00pm Advanced Cardio,	1:30pm Vespers, MPR	WC	1:00pm Midday Movie, AL
Cassandra, RC1	WC	2:00pm Location Change	1:45pm Reel Rundown,	<i>1F Theater:</i> "Race"
1:00pm Blood Pressure	2:30pm AL Birthday Party,	Bible Study with Dave Eaton,	Ch 88: "The Crown - Season	(2016, PG-13) Biography,
Checks, AL 2F SR	AL Bistro	CR	6, Episode 7"	Drama, Sport
1:00pm Bridge, CR	2:30pm Food Committee,	Chicag's FASHION	2:15pm Catholic Mass, RC1	1:00pm *Body Balance, WC
1:30pm Arts & Crafts with	RC1	Chico's FASHION SHOW	3:00pm Open Euchre with	2:00pm Bridge, AL 3F AR
Mary Lee, "Mothers Day	2:45pm Line Dancing, AC	2:00pm in <i>RC1, 2 & 3</i>	Leah, AC	2:00pm Bingo, <i>RC1 & 2</i>
Craft" AL 3F AR	3:00pm Social Hour, CR	3:00pm Bingo <i>, AL 3F SR</i>	3:00pm Social Hour, CR	3:00pm Dulcimer Dreams
2:00pm Billiards with An-	3:30pm Hope Therapy Dogs, <i>AL Bistro</i>	3:00pm Needlework's	3:00pm Shadow Boxing,	Music Program in AL,
drew, AL 2F EL	ALBistro	Group PMP	Ch88	AL 3F SR
3:00pm Bingo, RC 1 & 2	4:15pm Hope Therapy Dogs,		7:00pm Evening Entertain-	5:30pm College Alumni
3:00pm Chair Yoga, Ch88	SC		ment, Ch88: "Schubert: Sym-	Club, Trip
3:00pm Chair Yoga, WC	7:00pm Forum, <i>RC1, 2 & 3</i>		phony No. 9 "The Great" /	7:00pm Movie & Popcorn,
7:00pm Flute, Oboe, and			Munich Philharmonic Or-	RC1 & 2:"Airport"
Piano Trio Performance -SC				(1970, G): Action, Drama,
				Thriller

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	Saturday - 18	Sunday - 19	
	n Shadow Boxing,	8:00am St. John's Lutheran	
Ch88		Church <i>Trip</i>	and the
9:30ar	n Downtown Bloom-	8:30am_Calvary Methodist	1
	Farmer's Market Trip	Church Trip	
		9:00am Calvary Live Stream-	
	m Arts & Crafts, AC:	ing , Ch88	Froi
	Art Studio Time , AC	10:00am Virtual Catholic	
1:00pr	n Open Art Studio	Mass, RC1	
Time,	AC	10:15am Christ	CR
2:00pr	n Bingo , AL 3F SR	Lutheran & First Pres.	FF
	n At Home Movie,	Church Trip	FG
	"Too Young the Hero"	1:45am Community Players "I Hate Hamlet" Trip	RC
		"I Hate Hamlet" Trip	RN
N Z	Not Rated) Biography,	3:00pm Vespers, RC3	SC
Dramo	,	3:45pm Hymn Sing, RC3	W
	n Movie & Popcorn,	7:00pm At Home Movie,	
RC1 &	2: "The Catcher Was a	Ch88: "Women in Gold"	2F
		(2015, PG-13) Biography,	2F
ma, W		Drama, History	2F
1			



Front view: Three finalists down the stretch.

- AC Arts and Crafts
 CR Club Room
 FP Foundation Fountain Park
 GW Foundation Garden Walk
 AC Resident Center
- MR Resident Meeting Room
- SC Social Center
- WC Wellness Center
- AL Assisted Living
- **2F EL** 2nd Floor East Lounge
- **2F WL** 2nd Floor West Lounge
- **2F SR** 2nd Floor Sunroom
- DR Dining Room
- **3F AR** 3rd Floor Art Room
- **3F CR** 3rd Floor Card Room
- **3F SR** 3rd Floor Sunroom
- **3F EL** 3rd Floor East Lounge
- **3F WL** 3rd Floor West Lounge
- MPR Health Center Multi
 - Purpose Room







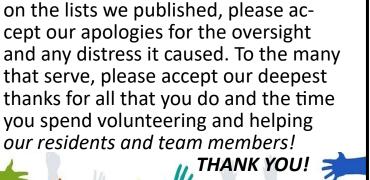
Kentucky Derby Watch Party

It was exciting to watch this photo finish as underdog **Mystic Dan** finished by a nose. Marge Irving was all smiles as she









To Our Volunteers! If you are a volun-

teer and your name was not included

A Message From the Green Team

Many thanks to all who brought recyclable items to our drive on **April 18**. Our next opportunity to recycle your electronics, confidential papers and medication will occur in **November**. **PLEASE NOTE:** We can't take "sharps" (items

with sharp points or edges that can puncture or cut skin). Contact maintenance when you finish with them.



9:00 a.m. - 12:00 p.m. 12:30 p.m. - 5:00 p.m.

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page 2