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Independent Living Activities: November 20 - November 26

Wednesday

9:00 Flexible Fitness -

page 1

11/24

<u>Mon</u>	day 11/20
9:00	Flexible Fitness -
	RC2 & 3
9:30	Flexible Fitness -
	Channel 88
10:00	Bean Bags - SC
10:00	**Cardio Drumming
	- WC
10:00	NEW TIME Second
	Presbyterian Church -
	Channel 88
11:00	**Balance Class - WC
1:00	Mahjong - CR
1:00	Bible Study with
	Cassandra´- RC1
2:00	Billiards Tournament-
	AL 2F East Lounge
2:00	Current Events - RC3
3:00	B1 F3 Floor Meeting
	- Y Lounge
3:00	Bingo - RC 1, 2 & 3
	Bring your cards &
	markers!
3:00	Chair Yoga - WC
3:00	Chair Yoga -
	Channel 88
7:00	All remaining Floor
	Meetings - Y Lounges

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

<u>Tues</u>	day 11/21
9:00	Sit, Stand & Move -
	RC1 & 2
9:30	Sit and Fit -
	Channel 88
1:00	PBS: "America's Home
	Cooking: When in
	Rome" - Channel 88
1:00	Hands in Motion - WO
1:00	Bunco Buddies - RC3
2:00	Advanced Cardio - WO
3:00	Shadow Boxing -
	Channel 88
3:00	Social Hour - CR
-	





3.00	RC2 & 3	парі	py inanksgiving
9:30	Flexible Fitness - Channel 88		Westminster Village day Train will be on
10:00	Coffee - RC1 & 2 - "Accushield and You" Presented by The Life Enrichment Office NOTE: "How to Create a PowerPoint Presentation"	Jan RC S from	display through uary 1, 2024 in the torage Room (across the Life Enrichment)
	Rescheduled to December 13.		
11:00	**Advanced Balance	9:00	Chair Dancing - Channel 88
1:00	Class - WC Chair Chi - Channel 88	10:00	CHECK YOUR MAILB - Short Story: "How
1:00	Art Class - AC: "Open Studio"		We Kept Thanksgivii
1:00	Hand & Foot Card Game - RC1	10.45	at Oldtown" by Harr Beecher Stowe - 2:15 Thanksgiving
1:00 2:00	**Balance Class - WC Bible Study with Dave Eaton - RC3	10.10	Meal served in the Hearth & Landing
2:00	Broadway: "William Shatner's Gonzo Ballet" (2009) -	3:00	(Reservation Requirements of the Control of the Con
6:30	Channel 88 At Home Movie Night: "A Beautiful Mind" (2001, PG-13) - Channel 88 Biography,	7:00	RC1 & 2: "Miracle o 34 th Street" (1947, Evening Entertainme The Life and Music Dave Brubeck" - Channel 88
	Drama		

11/22 Thursday 11/23 Friday **Happy Thanksgiving!** The Westminster Village 9:00 Holiday Train will be on display through January 1, 2024 in the **RC Storage Room (across** from the Life Enrichment) :00 Chair Dancing -- WC Channel 88 0:00 CHECK YOUR MAILBOX 1:00 - Short Story: "How We Kept Thanksgiving at Oldtown" by Harriet **Beecher Stowe**

(Reservation Required) :00 Thanksgiving Day **Movie Matinee -**RC1 & 2: "Miracle on 34th Street" (1947, NR) 7:00 :00 Evening Entertainment: The Life and Music Dave Brubeck" -Channel 88

Sizzling Strings & Holiday Spectacular \$ Due Sit, Stand & Move -RC2& 3 **9:00** *Sit and Fit -*Channel 88 **10:00** Coffee - RC1 & 2 -"Virtual Evergreen Cemetery Walk" Sponsored by McLean County Museum of History 11:00 **Advanced Balance 1:00 **Balance Class - WC Midday Movie - AL Theatre: "Where the Tracks End" (2023, TV-14) Family, Drama 1:30 Afternoon Movie -Channel 88 2:00 Bingo - RC1, 2 & 3 Bring your cards & markers! 3:00 Widget Cart - SC Movie & Popcorn -RC 2 & 3: "Miracle

On 34th Street" (1994, PG)









<u>Satu</u>		2
9:00	Hands in Motion -	
	Channel 88	
10:00	Art Class - AC: "A	
	Christmas Stocking For	
	Your Door"	
1:00	Open Studio Time - AC	
7:00	Movie & Popcorn -	
	RC 2 & 3: "Happiness for)
	Beginners" (2023, TV14	1
	Romance, Comedy	
7:00	Evening Movie:	
	"Love Ăctually"	
	(2003, R) - Channel 88	
	Romance, Comedy	

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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
	2nd Floor West Lounge
2F SR	
2F PD	
DR	Room
3F AR	Dining Room
3F CR	
	3rd Floor Card Room
	3rd Floor Sunroom
	3rd Floor East Lounge
MPR	
	Health Center Multi
	Purpose Room

leper	ndent Living Activitie
Sund	ay 11/26
8:00	St. Johns Church Trip
8:30	
	Methodist Church Trip
9:00	Live Streaming of
	Calvary United Methodist
	Church - Channel 88
9:30	First Presbyterian
	Church Trip
10:00	Virtual Catholic Mass-
	RC1
10:15	Christ Lutheran
	Church Normal Trip

2:30 AL Vespers - 3F SR

MPR

4:00

3:15 Health Center Vespers -

Romance, Comedy

Evening Movie: "Arthur"

(1999, PG-13) - Channel 88

IL Vespers - RC1





Now until **December**14th, drop any new and unwrapped toys for children up to 12 years old in the box located under the TV in the Social Center.

Let's get this box filled!



The Thermometer is Rising Thanks to You!

Donations to the Team Member Holiday Fund are coming in and your generosity is reflected on the thermometer.

If you haven't had the chance to make a voluntary donation, there is still time. Make your checks payable to WV Holiday Fund. Place your donation in an envelope addressed to:

- Resident Council Treasurer
- Apt. #1112
- No later than Thursday, November 30



Honoring the Flag at Westminster Village

We are pleased to have a new American flag flying in our Foundation Garden Walk next to our veterans plaque. This flag is a reminder of those heroes who fought to protect our nation.



Tuesdays 10:00 a.m. - 12:00 p.m. Wednesdays 1:00 - 3:00 p.m.

Saturdays 9:00am - 12:00 p.m.



When signing up to take the bus, you must provide the following:

- Name and address of the facility
- Doctors name
- Time of appointment

Mon		11/20
9:00	Musical Mond	day
	Morning - 2F	SŔ
9:30	Flexible Fitnes	SS -
	Channel 88	
10:00	Travel Topics	Group -
	1F Theater	-
10:00	NEW TIME Sed	cond
	Presbyterian (Church -
	Channel 88	
11:30	AL Exercise - 3	3F SR
12:00	AL Special Lu	nch



1:00 Blood Pressure Checks - 2F SR **1:00** Scrabble - 3F SR 2:00 Billiards Tournament-2F East Lounge 2:00 AL Resident Meeting - 3F SR 3:00 TIME CHANGE: Arts and Crafts with Lisa "Candy Turkeys" -3F AR

3:00 Chair Yoga -Channel 88







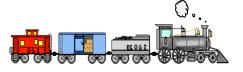
Wednesday 11/22 **9:30** Flexible Fitness -Channel 88 9:30 AL Bean Bags - 3F SR **10:00** Coffee - RC1 & 2 -"Accushield and You" Presented by The Life Enrichment Office **NOTE:** "How to Create a **PowerPoint** Presentation" Rescheduled to December 13. **10:30** Reminisce - 3F SR **11:30** AL Exercise - 3F SR **12:30-1:30** Lisa's Office Hours - 3F CR

Channel 88 2:00 AL Bingo - 3F SR 2:00 Broadway: "William Shatner's Gonzo Ballet" (2009) -Channel 88 6:30 Neighborhood Movie Night with Popcorn - Each Lounge: "A Beautiful Mind" (2001, PG-13) - Channel 88 Biography, Drama

Chair Chi -

11/23 **Thursday Happy Thanksgiving!**

The Westminster Village **Holiday Train will be on** display through January 1, 2024 in the **RC Storage Room (across** from the Life Enrichment)



9:00 Chair Dancing -Channel 88

10:45-2:15 Thanksgiving Meal served in the **Hearth & Landing** (Reservation Required) 2:00

12:30 AL Thanksgiving Meal - 2:00 AL Bridge - 3F AR **3F DR & 2F DR**

3:00 Thanksgiving Day Movie Matinee -RC1 & 2: "Miracle on 34th Street" (1947, NR)

Evening Entertainment: 7:00 The Life and Music Dave Brubeck" -Channel 88

Friday 11/24 Sizzling Strings & Holiday Spectacular \$ Due

9:00 Sit and Fit -Channel 88

9:00 Game "Turkey Leg Ring Toss" - 3F SR

10:00 Coffee - RC1 & 2 -"Virtual Evergreen Cemetery Walk" Sponsored by McLean County Museum of History

1:00 Midday Movie - AL Theatre: "Where the Tracks End" (2023, TV-14) Family, Drama

Bingo - RC1, 2 & 3 7:00 Movie & Popcorn -

RC 2 & 3: "Miracle On 34th Street" (1994, PG)



1:00









Satu	rday 11/25
9:00	Hands in Motion -
	Channel 88
	AL Bingo - 3F SR
7:00	Movie & Popcorn -
	RC 2 & 3: "Happiness for
	Beginners" (2023, TV14)
	Romance, Comedy
7:00	Evening Movie:
	"Love Āctually"
	(2003, R) - Channel 88
	Romance, Comedy

AC	Arts and Crafts
CR	Club Room
FFP	Foundation Fountain Park
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2F EL	2nd Floor East Lounge
2F WL	2nd Floor West Lounge
2F SR	2nd Floor Sunroom
2F PD	2nd Floor Private Dining
DR	Room
3F AR	Dining Room
3F CR	3rd Floor Art Room
3F SR	3rd Floor Card Room
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	Health Center Multi
	Purpose Room

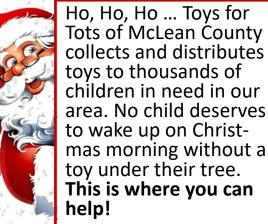
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	St. Johns Church Trip
8:30	Calvary United .
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9:00	Live Streaming of
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	Church - Channel 88
9:30	First Presbyterian
	Church Trip
10:00	Virtual Catholic Mass-
	RC1
10:15	Christ Lutheran
	Church Normal Trip
11:15	Holy Communion
	Distribution - RC1
	AL Vespers - 3F SR
3:15	Health Center Vespers -
	MPR
4:00	
7:00	<i></i>
	(1999, PG-13) - Channel 88
	Romance, Comedy



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- No later than Thursday, November 30

BARGAIN BOUTIQUE

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Saturdays 9:00am - 12:00 p.m.



When signing up to take the bus, you must provide the following:

- Name and address of the facility
- Doctors name
- Time of appointment