

IL & AL Weekly Activity Sheet for August 11 - August 17

Sunday - 8/11	Monday - 8/12	Tuesday - 8/13	Wednesday - 8/14
<ul style="list-style-type: none"> • 8:00 - St. John's Lutheran Church Trip • 8:30 - Calvary Methodist Church Trip • 8:30 - Christ Lutheran Church Trip • 9:00 - Calvary Live Streaming, Ch 88 • 9:45 - First Presbyterian Church Trip • 10:00 - Virtual Catholic Mass, RC1 • 2:15 - She Loves Me, Prairie Fire Theatre Trip • 3:00 - Vespers, RC • 7:00 - At Home Entertainment, Ch 88 	<ul style="list-style-type: none"> • 9:00 - AL Musical Monday Morning, AL2FSR • 9:00 - Flexible Fitness, RC2&3 • 9:30 - Flexible Fitness, Ch 88 • 10:00 - Bean Bags, SC • 10:00 - *Cardio Drumming, WC • 11:00 - Photos with the King, SC • 11:00 - *Body Balance, WCBR • 11:30 - AL Chair Exercise, AL3FSR • 1:00 - Bible Study with Cassandra, RC1 • 1:00 - Blood Pressure Checks, AL2FSR • 1:00 - Bridge, CR • 1:30 - Voter Registration Assistance with Life Enrichment, RMR • 1:30 - AL Arts & Crafts, AL3FAR • 2:00 - Billiards with Andrew, AL2FEL • 3:00 - Bingo, RC1&2 • 3:00 - Chair Yoga, Ch 88 • 3:00 - Chair Yoga, FGW 	<ul style="list-style-type: none"> • 9:00 - Sit, Stand & Move!, RC2&3 • 9:30 - Painting Group, AL3FAR • 9:30 - Sit and Fit, Ch 88 • 10:00 - All Resident Meeting, SC • 11:30 - AL Chair Exercise, AL3FSR • 1:00 - Hands in Motion, Ch 88 • 1:00 - Hands in Motion, FGW • 1:30 - Scrabble, CR • 2:00 - Life After Loss, RC2 • 2:00 - Advanced Cardio, WC • 2:30 - AL Birthday Party, AL Bistro • 2:30 - Food Committee - RC1 • 2:45 - Line Dancing, AC • 3:00 - Social Hour, CR • 3:30 - Hope Therapy Dogs, AL Bistro • 4:15 - Hope Therapy Dogs, SC 	<ul style="list-style-type: none"> • 9:00 - Flexible Fitness, RC2&3 • 9:30 - Bean Bags, AL3FSR • 9:30 - Flexible Fitness, Ch 88 • 10:00 - Coffee, RC1&2: "Health & Wellness Across the Lifespan" Presented by Kelly Clemens, PhD Assistant Professor ISU. • 10:30 - Reminisce, AL3FSR • 10:30 - MC Chair Exercise, MC • 11:00 - *Advanced Balance, WCBR • 11:15 - Lunch at Hacienda Leon Trip • 11:30 - AL Chair Exercise, AL3FSR • 1:00 - Hand & Foot Card Game, CR • 1:00 - Open Art Studio, AC • 1:00 - *Body Balance, WCBR • 1:00 - Chair Chi, 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

Tech@Home
-Connecting People with Technology

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

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IL & AL Weekly Activity Sheet for August 11 - August 17

Thursday - 8/15	Friday - 8/16	Saturday - 8/17	
<ul style="list-style-type: none"> • 9:00 - Morning Walk, AL Bistro • 9:00 - Chair Dance, Ch 88 • 9:15 - Morning Walk, SC • 10:00 2nd Floor Know Your Neighbor Circle, AL2FEL • 10:00 - Resident Council, RC1&2 • 10:00 - Short Story, RC3: “Elvis Presley Biography” By the editors of Biography.com • 10:00 - *Cardio Drumming, WC • 11:30 - AL Chair Exercise, AL3FSR • 1:00 AL Blood Pressure Checks, AL3FSR • 1:00 - Grief Group, AL Theater • 1:00 - Hands in Motion, FGW • 3:00 - Lacey’s “All Shook Up” for an Elvis themed Happy Hour, CR • 3:00 - Open Euchre with Leah, AC • 3:00 - Shadow Boxing, Ch 88 	<ul style="list-style-type: none"> • 9:00 - Sit, Stand & Move!, RC2&3 • 9:00 - Sit and Fit, Ch 88 • 10:00 - Bible Study with Dave Kistner, AL3FWL • 10:00 NO Coffee due to event • 10:00 - Coffee Tasting Extravaganza, SC • 11:00 - *Advanced Balance, WC • 11:30 - AL Chair Exercise, AL3FSR • 12:00 - Recording of All Resident Meeting, Ch 88: <i>Plays all day!</i> • 1:00 - *Body Balance, WC • 2:00 - Bridge, AL3FAR • 2:00 - Bingo, RC1&2 • 4:15 - Dinner Feature: “Eat Like the King”, Landing • 7:00 - Movie & Popcorn, RC1&2 	<ul style="list-style-type: none"> • 9:00 - Shadow Boxing, Ch 88 • 10:00 - Arts & Crafts, AC: “Butterflies in Our Nature” • 1:00 - Open Art Studio Time, AC • 2:00 - Bingo, AL3FSR • 7:00 - At Home Entertainment, Ch 88 • 7:00 - Movie & Popcorn, RC1&2 <div style="border: 1px solid black; padding: 10px; margin-top: 10px;"> <p style="text-align: center;">Movie & Popcorns / At Home Entertainment</p> <p>08/11: SUNDAY - 7:00, Ch 88: “Elvis” (2022, PG-13) Drama, Music, Biography</p> <p>08/16: FRIDAY - 7:00, RC1&2: “Viva Las Vegas!” (1964, TV-PG) Musicals, Comedy, Romance</p> <p>08/17: SATURDAY - 7:00: Ch 88: “Elvis Lives” (2007, TV-G) Music, Documentary RC1&2: “Clambake” (1967, TV-PG) Comedy, Musical</p> </div>	<ul style="list-style-type: none"> 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