

IL & AL Weekly Activity Sheet for July 21 - July 27

Sunday - 7/21	Monday - 7/22	Tuesday - 7/23	Wednesday - 7/24
<ul style="list-style-type: none"> • 8:00 - St. John's Lutheran Church Trip, FE • 9:00 - Calvary Live Streaming, Ch 88 • 9:45 - First Presbyterian Trip • 10:00 - Virtual Catholic Mass, RC1 • 3:00 - Vespers, RC3 • 3:45 - Hymn Sing, RC3 • 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 - Red Cross Blood Drive, RC2 & 3 • 10:00 - Bean Bags, SC • 10:00 - *Cardio Drumming, WC • 11:00 - Willows Lunch & Meeting, Clubhouse • 11:00 - *Body Balance, WC • 11:30 - AL Chair Exercise, AL 3FSR • 1:00 - Bible Study with Cassandra, RC1 • 1:00 - Blood Pressure Checks, AL2FSR • 1:00 - Bridge, CR • 1:30 - AL Arts & Crafts, AL3FAR • 2:00 - Billiards with Andrew, AL2FEL • 2:30 - Sundae Monday, AL Bistro • 3:00 - Bingo, RC2&3 • 3:00 - Chair Yoga, Ch 88 • 3:00 - Chair Yoga, FGW • 7:00 - Floor Meetings, Y Lounges 	<ul style="list-style-type: none"> • 9:00 - Sit, Stand & Move!, RC2&3 • 9:30 - Painting Group, AL3FAR • 9:30 - Pop-Up Library, SC • 9:30 - Sit and Fit, Ch 88 • 11:00 - Pop-Up Library, AL3FSR • 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 • 2:45 - Line Dancing, AC • 3:00 - B1 F3 Floor Meeting, Y Lounges • 3:00 - Social Hour, CR • 7:00 - Forum, RC1,2&3: "Civil Rights Trip" Presented by Carol Schrantz (Resident) and Laura Bergner 	<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: Christie Clinic Audiology-Megan Wallace, Audiologist • 10:30 - Reminisce, AL3FSR • 11:00 - *Advanced Balance, WC • 11:30 - AL Chair Exercise, AL3FSR • 1:00 - Open Art Studio, AC • 1:00 - *Body Balance, WC • 1:00 - Chair Chi, Ch88 • 1:00 - Hand & Foot Card Game, CR • 1:30 - Vespers, MPR • 2:00 - Bible Study with Dave Eaton, RC3 • 3:00 - Bingo, AL3FSR • 3:00 - PingPong with Jaclyn, AL2FWL • 4:00 - Dinner at Mystic Kitchen Trip



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 July 21 - July 27

Thursday - 7/25

- 9:00 - Morning Walk, AL Bistro
- 9:00 - Chair Dance, Ch 88
- 9:15 - Morning Walk, SC
- 10:00 - Short Story, RC3: "A Lickpenny Lover" by O. Henry
- 10:00 - *Cardio Drumming, WC
- 10:00 - MC Bible Study, MC
- 11:30 - AL Chair Exercise, AL3FSR
- 1:00 - Blood Pressure Checks, AL3FSR
- 1:00 - TECH Talks, RC1: "How to sign up for a trip in Icon"
- 1:00 - Hands in Motion, FGW
- 3:00 - Open Euchre with Leah, AC
- 3:00 - Page Turners Book Club, RC2
- 3:00 - Social Hour, CR
- 3:00 - Shadow Boxing, Ch88
- 6:15 - B-N Concert Band Franklin Park Trip

Friday - 7/26

- 9:00 - Sit, Stand & Move!, RC2&3
- 9:00 - Sit and Fit, Ch 88
- 10:00 - Coffee, RC1&2: Listening is Reading-Sheri Bay, Talking Book and Braille
- 10:00 - Bible Study with Dave Kist, AL3FWL
- 11:00 - *Advanced Balance, WCBR
- 11:30 - AL Chair Exercise, AL3FSR
- 11:00 - *Body Balance, WCBR
- 2:00 - Bridge, AL3FAR
- 2:00 - AL Floor Meeting & Social, AL3FSR
- 2:00 - Bingo, RC1&2
- 4:15 - IL Chamber Music Festival: Student Performance Trip
- 7:00 - Movie & Popcorn, RC1&2

Saturday - 7/27

- 9:00 - Chair Chi, Ch 88
- 10:00 - Westminster Botany: Trimming ... Watering ... Summer Care, AC
- 1:00 - Open Art Studio Time, AC
- 2:00 - Bingo, AL3FSR
- 7:00 - At Home Entertainment, Ch 88
- 7:00 - Movie & Popcorn, RC1&2

Movies & At Home Entertainment for the Week

07/21: SUNDAY - 7:00, 88:

"Bonanza" (1960, Season 1, Ep.19)
Western

07/26: FRIDAY - 7:00, RC1&2:

"Random Hearts" (1999, R)
Drama, Mystery, Romance

07/27: SATURDAY - 7:00:

Ch 88: "The Riflemen" (1989, TV-G)
Documentary, Comedy, Music
RC1&2: "Traded" (2016, TV-MA)
Western, Action, Adventure

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