## **Sunday - 12/8** • 8:00 - St. John's Lutheran Church Trip, FE • 8:30 - Calvary United **Methodist & Christ Lutheran Church Trip** • 9:00 - Calvary Live Streaming, Ch 88 • 10:00 - Virtual Catholic Mass. RC1 • 10:15 - First Presbyterian **Church Trip** • 3:00 - Vespers, RC3 • 3:15 - Illinois Weslevan **University Collegiate Choir Christmas Concert, Holy Trinity Trip** • 4:00 - The Amazon Women, SC • 7:00 - At Home Entertainment. Ch 88

### Holiday Head Gear Dress Up Day

- 9:00 Flexible Fitness, RC2&3
- 9:30 Flexible Fitness, Ch 88

Monday - 12/9

- 9:45 Consumer Fraud & Identity Theft Presentation at the Arc Trip
- 10:00 Bean Bags, SC
- 10:00 \*Cardio Drumming, WC
- 11:00 \*Body Balance, WC
- 11:30 AL Chair Exercise, AL3FSR
- 1:00 Bible Study, RC1
- 1:00 Blood Pressure Checks, AL2FSR
- 2:00 Billiards with Andrew, AL 2FEL
- 3:00 Bingo, RC1&2
- 3:00 Silver Chords Holiday Concert, SC
- 3:00 Chair Chi, Ch 88
- 3:00 Chair Yoga, WC

\*\* Note: When scheduling time in the Wellness Center, please adhere to your assigned time. • 9:00 - Sit, Stand & Move!, RC2&3

**Tuesday - 12/10** 

- 9:30 AL 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, WC
- 1:30 Scrabble, CR
- 2:00 Life After Loss, RC2
- 2:00 Advanced Cardio, WC
- 2:30 AL Birthday Party, AL Bistro
- 2:45 Line Dancing, AC
- 3:00 Social Hour, CR
- 3:30 Hope Therapy Dogs, AL Bistro
- 4:15 Hope Therapy Dogs, SC
- 7:00 Forum, RC1,2&3: "Grand Canyon Below the Rim" Presented by Resident Dudley Burgess

- 9:00 Flexible Fitness, RC2&3
- 9:30 AL Bean Bags, AL3FSR

Wednesday - 12/11

- 9:30 Flexible Fitness, Ch 88
- 10:00 Coffee, RC1&2:
  "Balance Classes in the New
  Year" Presented by the
  Wellness Team
- 10:30 AL Reminisce, AL3FSR
- 11:00 \*Advanced Balance, WC
- 11:30 AL Chair Exercise, AL3FSR
- 1:00 Hand & Foot Card Game, CR
- 1:00 Open Art Studio, AC
- 1:00 \*Body Balance, WC
- 1:00 Chair Yoga, Ch 88
- 1:30 Vespers, MPR
- 2:00 Bible Study with Dave Eaton, RC3
- 2:00 Cornerstone Christian Academy Music Group, AL3FSR
- 2:30 Pop-Up Library, SC
- 3:00 AL Bingo, AL3FSR
- 3:00 PingPong with Jaclyn, AL2FWL



# IL & AL Weekly Activity Sheet for December 8 - December 14

#### **Thursday - 12/12**

#### Friday - 12/13

#### **Saturday - 12/14**

- 9:00 Morning Walk, AL Bistro
- 9:00 Chair Dance, Ch 88
- 9:15 Garden Club, Normal Activity Center Trip
- 9:15 Morning Walk, SC
- 10:00 Short Story, RC3: "Bertie's Christmas Eve" by H.H. Munro (SAKI)
- 10:00 Veterans Coffee, RC1&2: "Part One: Resident Ron Irion will discuss his experience finding records of his Bronze Star, and Illinois State Treasurer's search to return lost Purple Hearts. Part Two: Historian Dan Leifel will compare and analyze the American Revolution and the Vietnam War"
- 10:00 \*Cardio Drumming, WC
- 11:30 AL Chair Exercise, AL3FS
- 1:00 AL Blood Pressure Checks, AL3FSR
- 1:00 TECH Talks, RC1
- 1:00 Hands in Motion, WC
- 3:00 Open Euchre with Leah, AC
- 3:00 Social Hour, CR
- 3:00 Shadow Boxing, Ch 88

- 9:00 Sit, Stand & Move!, RC2&3
- 9:00 Sit and Fit, Ch 88
- 10:00 Bible Study, AL3FWL
- 10:00 NO Coffee
- 10:00 ISU French Horn Choir, SC
- 11:00 \*Advanced Balance, WC
- 11:30 AL Chair Exercise, AL3FSR
- 12:00 All Resident Meeting Plays all day on Ch 88
- 1:00 Gift Wrapping Station sponsored by First State Bank, SC
- 1:00 \*Body Balance, WC
- 2:00 Bridge, AL3FAR
- 2:00 Bingo, RC1&2
- 5:00 College Alumni Club, Wesleyan's Memorial Hall Trip
- 7:00 Movie & Popcorn, RC1&2

# Techo Home -Connecting People with Technology-

Call or email for an appointment.
Tuesday & Thursday
9:00 a.m. - 4:30 p.m.
Wednesday
9:00 a.m. - 3:00 p.m.

Lucas Williamson (309) 585-4887 tech@westminstervillageinc.com

- 9:00 Chair Dance, Ch 88
- 10:00 Arts & Crafts NO Art Class
- 1:00 Open Art Studio Time, AC
- 2:00 Bingo, AL3FSR
- 6:15 The Brass Band of Central Illinois, "The Joy of Christmas" at Normal West High School Trip
- 6:45 ISO: Holiday Pops in the Heartland, ISU Center for the Performing Arts Trip
- 7:00 At Home Entertainment, Ch 88
- 7:00 Movie & Popcorn, RC1&2

# Movie & Popcorn / At Home Entertainment

SUNDAY, Dec. 8, 7:00 p.m., Ch 88 "Waiting for God - The Helicopter" (2024, PG-13) Comedy

FRIDAY, Dec. 13, 7:00 p.m., RC1&2 "Working Girl" (1988, R) Romantic Comedy, Workplace Drama

SATURDAY, Dec.14, 7:00p.m. Ch 88: "A Bocelli Family

Christmas"

RC1&2: "Hans Christian Anderson" (1952, TV-G) Musical

SUNDAY, Dec. 15, 7:00 p.m., Ch 88 "Andy Williams: Best of Christmas" (2001, TV-PG) Musical, Family

**Arts and Crafts** AC CR Club Room **Foundation Fountain FFP** Park **Foundation Garden FGW** Walk **Resident Center** RC **Resident Meeting Room RMR** SC **Social Center Wellness Center** WC **Assisted Living** AL 2nd Floor East Lounge 2FEL 2nd Floor West Lounge 2FWL 2FSR 2nd Floor Sunroom DR **Dining Room 3rd Floor Art Room** 3FAR **3rd Floor Card Room** 3FCR **3rd Floor Sunroom** 3FSR **3rd Floor East Lounge** 3FEL **3rd Floor West Lounge Health Center Multi-MPR Purpose Room** 



Bargain Boutique Hours Tuesday: 10:00 a.m. - 12:00 p.m. Wednesday: 1:00 p.m. - 3:00 p.m. Saturday: 9:00 a.m. - 12:00 p.m.