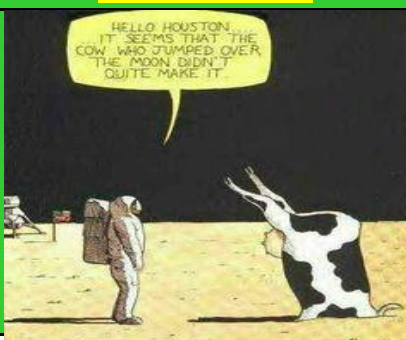
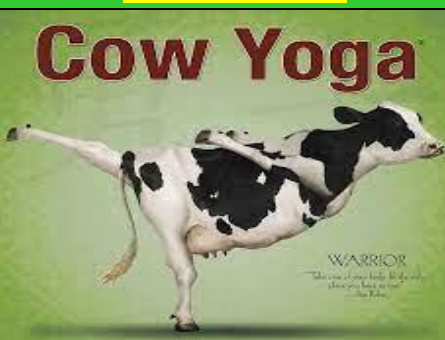
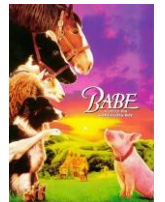
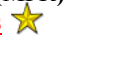


Independent Living Calendar

Summer is Mooving Right Along

August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HELLO HOUSTON! IT SEEMS THAT THE COW WHO JUMPED OVER THE MOON DIDN'T QUITE MAKE IT  6:00 Documentary "Lucille Ball" (1901) 	Cow Yoga  9:00 Vitals Clinic ER 9:30 Mass (Chapel/1901) 9:45 Shopping Target 10:30 Video Exercise (1901) 10:30 Fresh Fruit (OTP) 11:00 Deacon Discussions (CR) 1:00 Skip-Bo (AC) 1:15 Close Knit Club(BR) 1:15 Wellness Challenge & Stroll w/ Shannon (OTP) 6:15 Rummikub (CR)   KEEP IT MOOVING	Wellness Challenge Begins 9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 10:30 Backpack Assembly (CR) 1:00 Phase 10 Card Games (AC) 1:15 Popsicles on the Patio(CCY) 1:15 Wellness Challenge 6:00 Documentary "How Cheese is Made" (1901) 6:30 Poker (AC)  1	9:30 Mass (Chapel/1901) 10:00 Cosley Zoo & Outback Lunch 10:30 Video Exercise (1901) 1:00 Bridge (DR) 1:30 Scrabble (AC) 1:30 Entertainment Moo-sic by Joe Sakowski (MPR) 2:30 Parkinson Support Grp(CR) 6:15 Rummikub (CR)   Moo-Sic Time! 2	Nat'l Watermelon Day 9:30 Mass (Chapel/ 1901) 10:30 Video Exercise (1901) 11:00 Create & Make (AC) 1:00 Farkle (AC) 1:15 Watermelon on the Patio (CCY) 2:00 Money Bingo (CR) 6:30 Poker (AC)   3	Wear WHITE Lung Cancer Day 9:30 Mass (Chapel/1901) 10:15 Adoration (Cpl) 10:30 Video Exercise (1901) 10:30 Shopping Jewel/Library 10:30 Skip-Bo (AC) 1:30 Shopping Dollar Store /Old Second Bank 2:00 Minds Matter (CR) 3:00 Chair Yoga w/Jenna (MPR) 6:15 Movie: "Gringa" (CR)  4	9:00 Chair Yoga (1901) 10:30 Coffee & Chat (CR) 1:00 Skip -Bo (AC) 1:30 Scrabble (CR) 6:00 Movie: "The King Who Fooled Hitler" (CR)  5
9:30 Mass (Chapel/ 1901) 11:00 Video Exercise 1901) 1:30 Hand & Foot(AC) 6:00 Documentary "Lucille Ball" (1901) 	9:00 Vitals Clinic ER 9:30 Mass (Chapel/1901) 9:45 Shopping Target 10:30 Video Exercise (1901) 10:30 Fresh Fruit (OTP) 11:00 Deacon Discussions (CR) 1:00 Skip-Bo (AC) 1:15 Close Knit Club(BR) 1:15 Wellness Challenge & Stroll w/ Shannon (OTP) 6:15 Rummikub (CR)   KEEP IT MOOVING	Wear YELLOW Happiness Happens Day 9:00 Outing Quack of Dawn Breakfast @ Egg Basket 9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 11:00 Create & Make (AC) 1:00 Phase 10 Card Games (AC) 1:15 Happiness Starts w/ Sweet Smiles (OTP) 6:30 Poker (AC) 6:30 Rosary (226)   8	9:30 Mass (Chapel/1901) 10:15 Aerobic Exercise w/Jen (MPR) 10:30 Mini Golf & Lunch @ Elly's 11:00 Carl's Corner "Emergency Preparedness for Seniors"(CR) 1:00 Bridge (DR) 1:30 Scrabble (AC) 2:30 Caregivers Support Grp(CR) 6:15 Rummikub (CR)  9	Nat'l S'mores Day 9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 11:00 100 Birthday Cards Ralph Wood (OTP) 1:00 Farkle (AC) 1:15 Udderly Delicious S'mores (CCY) 1:30 Bible Study (BR) 2:00 Money Bingo (CR) 3:00 Minds Matter (CR) 6:30 Poker (AC)  10	Wear NFL Attire Preseason Begins 9:30 Fitness Equip Orientation (FR) 9:30 Mass (Chapel/1901) 10:15 Circuit Training w/ Jen (MPR) 10:30 Shopping Aldi 10:30 Skip-Bo (AC) 1:15 2nd Floor Block Party (Middle Elevator) 1:30 Shopping pOpshelf Store 6:15 Movie: "Holding" (CR)   11	9:00 Chair Yoga (1901) 10:30 Coffee & Chat (CR) 1:00 Skip -Bo (AC) 1:00 Phone Tech w/Douglas (CMPR) 1:30 Scrabble (CR) 6:00 Movie: "Funny Farm" (CR)  12
9:30 Mass (Chapel/ 1901) 11:00 Video Exercise 1901) 1:30 Hand & Foot(AC) 6:00 Documentary "Buck Brannaman" Horse Whisperer (1901)  	9:00 Vitals Clinic ER 9:30 Mass (Chapel/1901) 10:30 Shopping Meijer 10:15 Stretch w/Jen (MPR) 11:00 Finding God (CR) 1:00 Skip-Bo (AC) 12:45 Shopping Jewel 12:45 Outing Luxury Nails 1:15 Close Knit Club(BR) 1:15 Wellness Challenge & Stroll w/ Shannon(OTP) 6:00 History Channel "Navajo Code Talkers (1901) 6:15 Rummikub (CR)   14	9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 11:00 Book Club (BR) 1:00 Phase 10 Card Games (AC) 1:30 Ralph Wood 100th Birthday Well Wishes (CMS) 6:00 Documentary "How Ice Cream is Made"(1901) 6:30 Poker (AC) 6:30 Rosary (226)    15	Birthday Lunch & Dinner 9:30 Mass (Chapel/1901) 10:15 Aerobic Exercise w/Jen (MPR) 11:00 Shopping Woodfield Mall 1:00 Bridge (DR) 1:30 Scrabble (AC) 3:30 We HERD it's Your Birthday Happy Hour (OTP) 6:15 Rummikub (CR) 6:30 Outing "Radio in the Windy City@ Bartlett Library"  16	9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 10:30 Presentation "Smartphone Photography" (CR) 1:00 Farkle (AC) 1:30 Lutheran Service(Cpl) 2:00 Money Bingo (CR) 6:00 Nature Documentary: "Load of Bull" (1901) 6:30 Poker (AC)  17	Wear GREEN Gastroparesis 9:30 Mass (Chapel/1901) 9:45 Shopping Jewel 10:30 World Religion (MPR) 10:30 Skip-Bo (AC) 11:00 Outing Fast Food "Buona Beef" 2:00 Minds Matter (CR) 3:00 Chair Yoga w/Jenna (MPR) 6:15 Movie: "Still Mine" (CR)   18	9:00 Chair Yoga (1901) 10:30 Coffee & Chat (CR) 1:00 Skip -Bo (AC) 1:30 Scrabble (CR) 6:00 Movie: "Babe"(CR)  19
9:30 Mass (Chapel/ 1901) 11:00 Video Exercise 1901) 1:30 Hand & Foot(AC) 5:00 Sunday Evening Gathering (CR) 6:00 Movie: "Flicka"(1901) 	9:00 Vitals Clinic ER 9:30 Mass (Chapel/1901) 10:15 Stretch w/Jen (MPR) 10:30 Outing Klein Creek Farmhouse Tour 11:00 Deacon Discussions (CR) 1:00 Skip-Bo (AC) 1:30 Shopping Aldi 1:15 Wellness Challenge OTP 2:00 Community Prizes Bingo CH 1:15 Close Knit Club(BR)   21	9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 10:30 Town Hall Meeting (CH) 1:00 Phase 10 Card Games (AC) 1:15 Just Poppin' (OTP) 2:00 Creative Crafting w/Shannon (CR) 6:30 Poker (AC) 6:30 Rosary (226)  22	9:30 Mass (Chapel/1901) 10:15 Aerobic Exercise w/Jen (MPR) 10:30 Outing Lipizzans Horses & Lunch 1:00 Bridge (DR) 1:30 Scrabble (AC) 6:00 Documentary "Legendary White Stallions" (1901) 6:15 Rummikub (CR)   23	9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 11:00 Putt, Putt Tic Tac Toe (CR) 1:00 Farkle (AC) 2:00 Money Bingo (CR) 2:00 Non-Denominational(Cpl) 3:00 Minds Matter (CR) 6:00 Documentary "How Corn Fuels America" (1901)  24	Wear Back to School 9:30 Fitness Equip Orientation (FR) 9:30 Mass (Chapel/1901) 10:15 Circuit Training w/ Jen (MPR) 10:30 Shopping Trader Joe's 10:30 Skip-Bo (AC) 10:30 Wellness Presentation (CR) 1:15 Nat'l Banana Split Day (OTP) 1:30 Shopping Extended Target 6:15 Movie: "Rams" (CR)   25	9:00 Chair Yoga (1901) 10:30 Coffee & Chat (CR) 1:00 Skip -Bo (AC) 1:30 Scrabble (CR) 6:00 Movie: "Oddball" (CR)  26
9:30 Mass (Chapel/ 1901) 11:00 Video Exercise 1901) 1:30 Hand & Foot(AC) 6:00 Documentary: "Harvesting Technology" (1901) 	9:00 Vitals Clinic ER 9:30 Mass (Chapel/1901) 10:15 Stretch w/Jen (MPR) 10:30 Shopping Walmart 11:00 Finding God (CR) 1:00 Skip-Bo (AC) 1:15 Close Knit Club(BR) 1:30 Shopping Jewel 1:15 Wellness Challenge & Stroll w/Shannon(OTP) 6:15 Rummikub (CR)   28	9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 12:00 Arbe darn its Resident Lunch (CH) 1:00 Phase 10 Card Games (AC) 1:30 Entertainment Moo-sic by "Prairie Voices"(MPR) 6:30 Poker (AC) 6:30 Rosary (226)  Moo-Sic Time! 29	9:30 Mass (Chapel/1901) 10:15 Aerobic Exercise w/Jen (MPR) 10:30 Shopping Target 1:00 Bridge (DR) 1:30 Scrabble (AC) 2:00 Goodwill Drop-Off (AC) 2:30 Grief Support Grp(CR) 3:00 Outing Dinner @ Fitzgerald's 6:15 Rummikub (CR)   30	Wellness Challenge End 9:30 Water Aerobics w/ Jen (Pool) 9:30 Mass (Chapel/ 1901) 10:15 Exercise w/ Jen (MPR) 1:00 Farkle (AC) 1:15 Outing Ice Cream @ Legen-dairy Oberweis 2:00 Money Bingo (CR) 6:00 Movie "A Country Romance" (1901) 6:30 Poker (AC)   31	Summer Dairy Fun To Keep You Mooving  	

CALENDAR / DESCRIPTIONS KEY



Registration Required



Walking Required

RED
Outing or Shopping Trip

BOLD
Special Program

Room Abbreviation Key

(CPL) – Chapel

1901 – In House TV - Touchtown

(LR) – Living Room

(CH) – Clare Hall / Gym

(CR) – Card Room

(OTP) – Oak Tree Pub

(AC) – Arts & Crafts Room

(CMPR) - Computer Room

(FC) – Fitness Center

(SP) – Swimming Pool

(Phone)– Teleconference from Your Apartment

(DR) – Main Dining Room

(BR) – Bartlett Dining Room

(CMS) – Commons

(CCY) - Courtyard

(MPR) – Multipurpose Room

Apt #011 – Mini Mart (LL)

(LIB) – Library

(ML) - Maple Lane

(GR) – Game Room

★ Registration Reminders.....

If you are registering for a program, outing or special event, please check the “register by” date.

If you are not signed-up by this “register by” date, we cannot guarantee you a spot or ticket.

We are not able to issue refunds after the “register by” date listed.

Please make sure if you are not able to attend that you cancel prior to the date listed or your account will be charged.

If we do not have the “minimum number” registered for a program, event, or outing, it will be canceled on the “register by” date.

HELLO
August



