

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

# June

### Location Key

**AUD-** Auditorium **ME-** Main Entrance  
**CL -** Club Room **B-** Bistro  
**GR-** Game Room **R-** Reflections Room  
**AC -** Art Center **CR -** Conference Room  
**FS -** Fitness Studio **P -** Patio **WAPL -** Willows Arbor  
**Pool Room**

Independent Living  
 Calendar  
 Wesley Willows 

**9:30 a.m.** Grocery Trip: Scnucks (ME) ①  
**10:30 a.m.** Chess Club (B)  
**12:00 p.m.** The Fiber Arts Group (B)  
**2:00 p.m.** Bingo (AUD)  
**3:00 p.m.** Monday Mingle with El Lobo Acoustic Experience

**1:30p.m.** Bridge Group (GR) ②

**10:30 a.m.** Caregivers & Coffee (CR) ③  
**11:15 a.m.** Chapel (AUD)  
**2:00 p.m.** Line Dancers (FS)  
**3:00 p.m.** Pub Style Trivia (AUD)  
**4:30 p.m.** Wine Down Wednesday (CL)

**8:00 a.m.** Lab Draw (AC) ④  
**9:30 a.m.** Birthday Dinner Planning Meeting (CL)  
**9:30 a.m.** Breakfast Trip: Sophia's (ME)  
**10:30 a.m.** Ukulele Club (CL)  
**10:30 a.m.** Chess Club (B)  
**1:00 p.m.** Bridge Group (GR)  
**1:00 p.m.** Texas Hold Em (CR)  
**2:00 p.m.** Wood Carvers Group (AC)

**12:30 p.m.** The Chosen (CR) ⑤  
**1:00 p.m.** Ice cream trip: Union Dairy (ME)

**1:30 p.m.** Movie Matinee (CR) ⑥

**11:00 a.m.** Chapel (AUD) ⑦

**9:30 a.m.** Grocery Trip: Walmart (ME) ⑧  
**10:30 a.m.** Chess Club (B)  
**12:00 p.m.** The Fiber Arts Group (B)  
**12:30 p.m.** Papercrafters (CR)  
**2:00 p.m.** Bingo (AUD)

**10:00 a.m.** Short Story Workshop (CR) ⑨  
**12:00 p.m.** Wellzesta Help Training (AC)  
**12:00 p.m.** Bards Potluck (AUD)  
**12:15 p.m.** Wesley Willows Rotary Club Meeting (CL)

**10:30 a.m.** Edgebrook Farmers Market (ME) ⑩  
**10:30 a.m.** Caregivers Program (CR)  
**11:15 p.m.** Chapel (AUD)  
**1:30 p.m.** Prairie Group Meeting (CL)  
**1:30 p.m.** Veterans Group (CL)  
**2:00 p.m.** Line Dancers (FS)  
**3:00 p.m.** Grief Support (CL)

**10:30 a.m.** Ukulele Club (CL) ⑪  
**10:30 a.m.** Chess Club (B)  
**11:00 a.m.** Men's Discussion Group (CR)  
**1:00 p.m.** Bridge Group (GR)  
**1:00 p.m.** Texas Hold Em (CR)  
**2:00 p.m.** Wood Carvers Group (AC)  
**4:00 p.m.** Active Aging (AUD)

**10:00 a.m.** Mayor Visit (AUD) ⑫  
**12:30 p.m.** The Chosen (CR)  
**3:00 p.m.** Karaoke (AUD)

**1:30 p.m.** Movie Matinee (CR) ⑬

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**9:30 a.m.** Grocery Trip: Meijier (ME) ⑮  
**10:30 a.m.** Chess Club (B)  
**12:00 p.m.** The Fiber Arts Group (B)  
**2:00 p.m.** Bingo Sponsored by Northwest Bank (AUD)  
**3:00 p.m.** Monday Mingle (ME)

**9:30 a.m.** Delicious Discussion (B) ⑯  
**1:30 p.m.** Bridge Group (GR)  
**1:30 p.m.** International Experiences (AUD)  
**4:00 p.m.** Food Truck Tuesday (ME)

**10:30 a.m.** Caregivers Program (CR) ⑰  
**11:15 a.m.** Chapel (AUD)  
**2:00 p.m.** Line Dancers (FS)  
**3:00 p.m.** Pub Style Trivia (AUD)

**8:00 a.m.** Lab Draw (AC) ⑱  
**10:30 a.m.** Ukulele Club (CL)  
**10:30 a.m.** Chess Club (B)  
**1:00 p.m.** Bridge Group (GR)  
**1:00 p.m.** Texas Hold Em (CR)  
**2:00 p.m.** Wood Carvers Group (AC)  
**2:00 p.m.** New Resident Orientation (CL)  
**4:45 p.m.** Birthday Dinner Check In

**12:30 p.m.** The Chosen (CR) ⑲  
**1:30 p.m.** Father's Day (AUD)

**1:30 p.m.** Movie Matinee (CR) ⑳

**11:00 a.m.** Chapel (AUD) ㉑

**9:30 a.m.** Grocery Trip: Woodman's (ME) ㉒  
**10:30 a.m.** Chess Club (B)  
**12:00 p.m.** The Fiber Arts Group (B)  
**2:00 p.m.** Bingo (AUD)

**10:00 a.m.** Short Story Workshop (CR) ㉓  
**12:15 p.m.** Wesley Willows Rotary Club Meeting (CL)

**11:15 p.m.** Chapel (AUD) ㉔  
**2:00 p.m.** Line Dancers (FS)  
**1:30 p.m.** Wellzesta Help Training (CR)  
**3:00 p.m.** Resident Council Meeting (AUD)

**10:30 a.m.** Ukulele Club (CL) ㉕  
**10:30 a.m.** Chess Club (B)  
**11:00 a.m.** Men's Discussion Group (CR)  
**1:00 p.m.** Bridge Group (GR)  
**1:00 p.m.** Texas Hold Em (CR)  
**2:00 p.m.** Wood Carvers Group (AC)  
**2:00 p.m.** Audiologist (CL)

**12:30 p.m.** The Chosen (CR) ㉖  
**1:30 p.m.** Cookies from Countries (AUD)

**1:30 p.m.** Movie Matinee (CR) ㉗

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**9:30 a.m.** Grocery Trip: Aldi (ME) ㉙  
**10:30 a.m.** Chess Club (B)  
**12:00 p.m.** The Fiber Arts Group (B)  
**2:00 p.m.** Bingo (AUD)

**10:00 a.m.** Short Story Workshop (CR) ㉚  
**6:15 p.m.** Rockford Concert Band - America's 250<sup>th</sup> Celebration (ME)

## Trips for the Month

**Breakfast Trip-** Join us Thursday, June 4th at 9:30 a.m. for breakfast at Sophia's Restaurant! Enjoy a delicious meal and great company.

Departures: WA 9:00 a.m. | WRH 9:15 a.m. | CTC 9:30 a.m.

**Ice Cream Trip-** Join us Friday, June 5th at 1:00 p.m. for a trip to Union Dairy for ice cream and a fun outing!

Departures: WA: 12:30 p.m. | WRH: 12:45 p.m. | CTC: 1:00 p.m.

**Farmers Market Trip-** Join us Wednesday, June 10th at 10:30 a.m. for a visit to the Edgebrook Farmers Market! Browse fresh produce, homemade goods, and local vendors in a fun morning outing.

Departures: WA: 10:00 a.m. | WRH: 10:15 a.m. | CTC: 10:30 a.m.

**Food Truck Tuesday-** Join us Tuesday, June 16th at 4:00 p.m. for Food Truck Tuesdays at Sinnissippi Park! Enjoy local food trucks, riverfront views, and a fun evening out at Nicholas Conservatory & Gardens.

Departures: WA: 3:30 p.m. | WRH: 3:45 p.m. | CTC: 4:00 p.m.

**Lunch Trip-** Join us Thursday, June 25 at 11:30 a.m. for a lunch trip to Smokin Coop BBQ Pit! Enjoy flavorful barbecue and great company.

Departures: WA: 11:00 a.m. | WRH: 11:15 a.m. | CTC: 11:30 a.m.

## Trips for the Month Con't

**Concert at Sinnissippi Park Music Shell-** Join us Tuesday, June 30<sup>th</sup> at 7:00 p.m. for the Rockford Concert Band American's 250 Celebration. Concert is FREE and concession are available.

Departures: WA: 5:45 p.m. | WRH 6:00 p.m. | CTC: 6:15p.m

**Grocery Trips-** Join us every Monday at 9:30 a.m. for our weekly grocery shopping trip! Stops may include Walmart, Meijer, Schnucks, ALDI, and Woodman's Market. Enjoy a convenient and friendly way to shop each week!

WA: 9:00 a.m. | WRH: 9:15 a.m. | CTC: 9:30 a.m.

## Featured Events

**Moday Mingle-** Join us for Monday Mingle with El Lobo Acoustic Experience on Monday, June 1st at 3:00 p.m. in the main lobby. Residents are invited to enjoy an afternoon of live acoustic music, good company, food, and beverages in a fun social atmosphere. We hope to see you there!

**Mayor Visit-** Join us for a special visit from Tom McNamara on Friday, June 12th at 10:00 a.m. in the auditorium. Mayor McNamara will share updates about the City of Rockford, discuss community happenings, and spend time speaking with residents and answering questions

## Featured Events Con't

**Fathers Day-** Join us for a fun Father's Day celebration on Friday, June 19 at 1:30 p.m. in the auditorium! Enjoy an afternoon of bocce ball, bags, and sweet treats as we celebrate all the amazing fathers and father figures in our community. All men are welcome to join in the fun! We look forward to spending this special time together!

## How to sign up for activities and trips

**To reserve your spot for activities or trips, please sign up using one of the three methods below.**

All trips require sign-up. Activities do not require sign-ups unless specifically indicated.

1. Sign up through Wellzesta. When you register for a trip on Wellzesta we will assume you want transportation and will pick you up at your home.
2. Send your RSVP to [greenbag@wesleywillows.org](mailto:greenbag@wesleywillows.org), you will receive an email notification confirming your reservation within 48 hours.
3. Contact Guest Services at 815-316-6060

**Questions call  
Jill Smith at 316.6062  
or email Brooke Hennis  
at [brookeh@wesleywillows.org](mailto:brookeh@wesleywillows.org)**

## Reoccurring Activites

**Active Aging-** Presented by Mercy Health, features health professionals speaking on a variety of wellness topics relevant to the aging population. Occurs every 2<sup>nd</sup> Thursday in the CTC Auditorium.

**Bingo-** Enjoy fun games, good company, and small prizes like candy, stamps, activity bucks, and holiday specials. Occurs Mondays at 2:00 p.m. in the Auditorium.

**Birthday Dinner-** Celebrate your birthday month with a special dinner! You and one guest will enjoy a complimentary meal with several delicious entrée choices, and additional guests may join for just \$25. Watch for your invitation and sign up to celebrate with us. Occurs on the 3<sup>rd</sup> Thursday in the Auditorium, doors open at 4:45 p.m.

**Cookies from Countries-** Taste cookies from around the world, learn about each country, and collect 6 passport stamps to win a prize! Meets on the 4<sup>th</sup> Friday at 1:30 p.m. in the Auditorium.

**Monday Mingle-** Gather with friends for appetizers, mocktails, and lively conversation. Some feature live music or special sponsors for entertainment. Occurs 1<sup>st</sup> and 3<sup>rd</sup> Mondays in the main entrance.

**Pub Style Trivia-** Join a team and test your knowledge through four fun rounds: music, 50-50, photo, and open questions. Enjoy snacks, prizes, and plenty of laughter along the way! Meets the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays at 3:00 p.m. in the Auditorium.

**Wine Down Wednesday-** Bring your favorite beverage and we provide the munchies for a relaxed time with community. Meets in the club room the first Wednesday of the month at 4:00 p.m.

**Wellzesta Open House Help-** Learn how to use Wellzesta, the Wesley Willows app for events, services, community updates, and more. Resident Ambassadors and staff tech support will be available to answer questions and help you get connected. Check the calendar for days and times.



**Service Member's Social -** Join Tanya Walls, daughter of retired Army Lieutenant Colonels, for a special social hour dedicated to veterans. Tanya looks forward to sharing valuable veteran resources and spending time with a community she is passionate about supporting. Meets 2<sup>nd</sup> Wednesday at 1:30 p.m. in the Conference Room

**Sing Along (Karaoke)-** Request the music and sing along as the lyrics appear on the big screen! Dance, clap, and enjoy your favorite tunes in a fun, upbeat atmosphere. Meets once a month on Fridays at 3:00 p.m.