

# JUNE

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

31  
10:00 a.m. Chapel-JC

1  
8:45 a.m. Sit & Be Fit-VSR  
9:30 a.m. Healthy Hands-VSR  
9:30 a.m. Grocery Trip: Schnucks -ML  
10:00 a.m. Garden Club-RGP  
1:00 p.m. Movie Matinee-AR  
2:00 p.m. Cardio Drumming -VSR  
3:45 p.m. Trivia with Lisa-AR

2  
8:45 a.m. Strong Stability & Balance - VSR  
10:00 a.m. Lisa's Nail Spa- AR  
2:00 p.m. Bingo-VSR  
3:45 p.m. Trivia with Lisa-AR  
6:30 p.m. Aromatherapy with Hedy-AR

3  
8:00 a.m. Billiards - PR  
8:45 a.m. Sit & Be Fit-VSR  
9:30 a.m. Healthy Hands-VSR  
10:30 a.m. Lunch at Hairy Cow-ML  
2:00 p.m. Cardio Drumming-VSR  
3:45 p.m. Trivia with Lisa-AR

4  
8:45 a.m. Strong Stability & Balance -VSR  
9:30 a.m. Moments of Music-ML  
10:00 a.m. Morning Games with Lisa-AR  
1:30 p.m. Crafty Creations-VSR  
3:45 p.m. Trivia with Lisa-AR

5  
8:45 a.m. Sit & Be Fit-VSR  
9:30 a.m. Healthy Hands-VSR  
10:00 a.m. Garden Club-RGP  
2:00 p.m. Donut Bingo-VSR  
3:45 p.m. Trivia-AR

6  
9:30 a.m. Morning Games with Hedi-AR  
12:00 p.m. Moments of Music with Margaret-ML

7  
10:00 a.m. Chapel-JC  
Games always available -AR

8  
8:45 a.m. Sit & Be Fit-VSR  
9:30 a.m. Healthy Hands-VSR  
9:30 a.m. Grocery Trip:Walmart -ML  
10:00 a.m. Garden Club-RGP  
1:00 p.m. Movie Matinee-AR  
2:00 p.m. Cardio Drumming -VSR  
3:45 p.m. Trivia with Lisa-AR

9  
8:45 a.m. Strong Stability & Balance - VSR  
10:00 a.m. Lisa's Nail Spa- AR  
2:00 p.m. Bingo-VSR  
3:30 p.m. Grief Group-JC  
3:45 p.m. Trivia with Lisa-AR  
4:00 p.m. Happy Hour-ML  
6:30 p.m. Fun with Hedy -AR

10  
8:00 a.m. Billiards - PR  
8:45 a.m. Sit & Be Fit-VSR  
9:30 a.m. Healthy Hands-VSR  
10:00 a.m. Garden Club-RGP  
12:30 p.m. Scenic Trip - ML  
2:00 p.m. Cardio Drumming-VSR  
3:45 p.m. Trivia with Lisa-AR

11  
8:45 a.m. Strong Stability & Balance -VSR  
9:30 a.m. Moments of Music-ML  
10:00 a.m. Morning Games with Lisa-AR  
1:30 p.m. Veterans Social-AR  
3:45 p.m. Trivia with Lisa-AR

12  
8:45 a.m. Sit & Be Fit-VSR  
9:30 a.m. Healthy Hands-VSR  
10:00 a.m. Garden Club-RGP  
2:00 p.m. Bingo-VSR  
3:45 p.m. Trivia-AR

13  
9:30 a.m. Morning Games with Hedi-AR  
12:00 p.m. Moments of Music with Margaret-ML

14  
10:00 a.m. Chapel-JC  
Games always available -AR

15  
8:45 a.m. Sit & Be Fit -VSR  
9:30 a.m. Healthy Hands-VSR  
9:30 a.m. Grocery Trip: Meijier- ML  
10:00 a.m. Gardening Club-RGP  
1:00 p.m. Movie Matinee-AR  
2:00 p.m. Cardio Drumming -VSR  
3:45 p.m. Trivia with Lisa-AR

16  
8:45 a.m. Strong Stability & Balance - VSR  
10:00 a.m. Lisa's Nail Spa- AR  
12:00 p.m. Wellzesta Help-AR  
2:00 p.m. Bingo-VSR  
3:45 p.m. Trivia with Lisa-AR  
6:30 p.m. Aromatherapy with Hedy-AR

17  
8:00 a.m. Billiards - PR  
8:45 a.m. Sit & Be Fit-VSR  
9:30 a.m. Healthy Hands -VSR  
10:30 a.m. Picnic at Anna Page Park- ML  
2:00 p.m. Cardio Drumming-VSR  
3:45 p.m. Trivia with Lisa-AR

18  
8:45 a.m. Strong Stability & Balance -VSR  
9:30 a.m. Moments of Music-ML  
10:00 a.m. Morning Games with Lisa-AR  
1:00 p.m. Music with Ed Pawelski-ML  
1:30 p.m. Cookie from Countries- VSR  
3:45 p.m. Trivia with Lisa-AR

19  
8:45 a.m. Sit & Be Fit-VSR  
9:30 a.m. Healthy Hands - VSR  
1:30 p.m. Fathers Day Celebration-VSR  
3:45 p.m. Trivia -AR

20  
9:30 a.m. Morning Games with Hedi-AR  
12:00 p.m. Moments of Music with Margaret-ML

21  
10:00 a.m. Chapel-JC  
Games always available -AR

22  
8:45 a.m. Sit & Be Fit-VSR  
9:30 a.m. Healthy Hands-VSR  
9:30 a.m. Grocery Trip: Woodmans -ML  
10:00 a.m. Gardening Club-RGP  
1:00 p.m. Movie Matinee-AR  
2:00 p.m. Cardio Drumming -VSR  
3:45 p.m. Trivia with Lisa-AR

23  
8:45 a.m. Strong Stability & Balance - VSR  
10:00 a.m. Lisa's Nail Spa- AR  
2:00 p.m. Bingo-VSR  
3:45 p.m. Trivia with Lisa-AR  
4:00 p.m. Happy Hour-ML  
6:30 p.m. Fun with Hedy -AR

24  
8:00 a.m. Billiards - PR  
8:45 a.m. Sit & Be Fit-VSR  
9:30 a.m. Healthy Hands -VSR  
10:00 a.m. Garden Club-RGP  
12:00 p.m. Wellzesta Help-AR  
2:00 p.m. Cardio Drumming-VSR  
3:45 p.m. Trivia with Lisa-AR

25  
8:45 a.m. Strong Stability & Balance -VSR  
9:30 a.m. Moments of Music-ML  
10:00 a.m. Resident Council-WP  
1:30 p.m. Paint with Lisa-VSR  
3:45 p.m. Trivia with Lisa-AR

26  
8:45 a.m. Sit & Be Fit-VSR  
9:30 a.m. Healthy Hands - VSR  
10:00 a.m. Gardening Club-RGP  
2:00 p.m. Bingo-WP  
3:45 p.m. Trivia -AR

27  
9:30 a.m. Morning Games with Hedi-AR  
12:00 p.m. Moments of Music with Margaret-ML

28  
10:00 a.m. Chapel-JC  
Games always available -AR

29  
8:45 a.m. Sit & Be Fit-VSR  
9:30 a.m. Healthy Hands-VSR  
9:30 a.m. Grocery Trip: Aldi -ML  
1:30 p.m. Ice Cream Social -VSR  
3:45 p.m. Trivia with Lisa-AR

30  
8:45 a.m. Strong Stability & Balance - VSR  
10:00 a.m. Lisa's Nail Spa- AR  
2:00 p.m. Bingo-VSR  
3:45 p.m. Trivia with Lisa-AR  
6:30 p.m. Aromatherapy with Hedy-AR

**Assisted Living  
Calendar**  
Wesley Willows 

**Location Key**  
WP - Willows Place VSR - Van Sickle Room  
JC - Johns Chapel  
RGP - Rose Garden Patio  
ML - Main Lobby  
AR - Activity Room 2<sup>nd</sup> Floor C Wing  
PR - Pool Room

## 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.**

**Lunch Trip-** Join us for a trip to the Hairy Cow in Beloit, Wisconsin on Wednesday, June 3! Come spend the day socializing with friends and enjoying one of Beloit's local favorites.

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

## More trips

**Picnic at Anna Page Park -** Join us on Wednesday, June 17 for a picnic outside enjoying the warm weather. **Sign up by June 10 to reserve your spot.**

**Departures: WA: 10:30 a.m. | WRH: 10:45 a.m. | CTC: 11:00 a.m.**

**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-** 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.**

**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.**

**For any questions, please contact Lisa Argento: 815-316-1667 or Valeria Toledo: 815-316-1572**

## Featured Events

### **Veterans 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. **Thursday, June 11 at 1:30 p.m. in the second floor activity room.**

### **Fathers Day Celebration:**

All fathers and men are welcome to celebrate our fathers on **Friday, June 19 at 1:30 p.m. in the Van Sickle Room.** Featuring live music by Jerry Armstrong, root beer floats and hotdogs! **Please sign up by June 4 to reserve your spot.**

### **Paint with Lisa:**

Join Lisa in painting and creating colorful art with canvas. Sign up is required. **Thursday, June 25 at 1:30 p.m. in the Van Sickle Room**

### **Sing along with Margaret:**

Enjoy live music and sign a long on **Tuesday, June 2 & June 16 at 4:00 p.m.**

**Ice Cream Social:** Join us for a sweet afternoon of ice cream, toppings, and great company! All are welcome. **Monday, June 29 at 1:30 p.m. in the Van Sickle Room**



## Reoccurring Activites

**Bingo:** Join us for bingo for a chance to win prizes, and have fun. **Every Tuesday and Friday at 2:00 p.m. in the Van Sickle Room**

**Trivia:** Test your knowledge, enjoy some laughs, and compete with friends in a fun afternoon of questions and conversation. **Every day at 3:45 p.m. in the second floor activity room except Saturdays & Sundays.**

**Cardio Drumming:** Come get your heart pumping, muscles working and reduce stress while having a blast drumming to upbeat music of the past. This class can be done seated or standing. **Every Monday & Wednesday at 2:00 p.m. in the Van Sickle Room**

**Billiards Group:** Meets every Wednesday from 8:00 -12:00 p.m. in the Arbor Pool Room. **For any quesitons contact Landis Lindell: 815-963-4059**

## More Reoccurring Activites

**Happy Hour:** Occurs every second & fourth Tuesday of the month in the **Main lobby from 4:00-5:00 p.m.**

**Live theater organ music with Margaret:** Every Thursday at 9:30 a.m. & every Saturday at 12:00 p.m. in the Main Lobby.

**Music with Ed Paweslki:** All are welcome to sign along to Ed's live piano music **every third Thursday of the month at 1:00 p.m. in the Main Lobby.**

**Chapel:** Every Tuesday at 10:30 a.m. & every Sunday at 10:00 a.m. in John's Chapel.

**Grief Group:** Every second Tuesday of the month at 3:30 p.m. in Johns Chapel

**Garden Club:** All are welcome to come out & tend to the community Arbor garden. **Every Monday, Wednesday & Friday at 10:00 a.m. in the Rose Garden Patio**

### How to sign up for activities and 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, you will receive an email notification confirming your reservation within 48 hours.
3. Contact Guest Services at 815-316-6060