

July

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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 2nd Floor C Wing
PR – Pool Room

5

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

6

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

7

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
 6:30 p.m. Aromatherapy with Hedy -AR

8

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. Baskin Robbins - ML
 2:00 p.m. Cardio Drumming-VSR
 3:45 p.m. Trivia with Lisa-AR

9

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

10

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. ITAC Bingo-VSR
 3:45 p.m. Trivia-AR

11

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

12

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

13

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. Gardening Club-RGP
 1:00 p.m. Movie Matinee-AR
 2:00 p.m. Cardio Drumming -VSR
 4:00 p.m. Music with Sophia Ostgarden-VSR

14

8:45 a.m. Strong Stability & Balance - VSR
 9:30 a.m. Delicious Discussions-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

15

8:00 a.m. Billiards - PR
 8:45 a.m. Sit & Be Fit-VSR
 9:30 a.m. Healthy Hands -VSR
 12:30 p.m. Trip to Dollar Tree- ML
 2:00 p.m. Cardio Drumming-VSR
 3:45 p.m. Trivia with Lisa-AR

16

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. Popcorn & Production- VSR
 3:45 p.m. Trivia with Lisa-AR

17

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

18

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

19

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

20

8:45 a.m. Sit & Be Fit-VSR
 9:30 a.m. Healthy Hands-VSR
 9:30 a.m. Grocery Trip: Meijer -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

21

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

22

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. Casino Lunch Trip-ML
 2:00 p.m. Cardio Drumming-VSR
 3:45 p.m. Trivia with Lisa-AR

23

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
 2:00 p.m. Watermelon Bingo-VSR
 3:45 p.m. Trivia with Lisa-AR

24

8:45 a.m. Sit & Be Fit-VSR
 9:30 a.m. Healthy Hands - VSR
 10:00 a.m. Gardening Club-RGP
 1:30 p.m. Music with Joseph Jones-VSR
 3:45 p.m. Trivia -AR

25

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

26

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

27

8:45 a.m. Sit & Be Fit-VSR
 9:30 a.m. Healthy Hands-VSR
 9:30 a.m. Grocery Trip: Woodmans-ML
 1:00 p.m. Movie Matinee-VSR
 3:45 p.m. Trivia with Lisa-AR

28

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

29

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
 10:00 a.m. CLR Presentation - VSR
 12:00 p.m. Wellzesta Help-AR
 12:30 p.m. Trip to Byron Museum-ML
 3:45 p.m. Trivia with Lisa-AR

30

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. Mind Masters Challenge-VSR
 3:45 p.m. Trivia with Lisa-AR

31

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

See Back for more details.



Trips for the Month

Lunch Trip- Join us on Wednesday, July 1st at Thunder Bay Grille, a laid-back restaurant known for its delicious steaks, seafood, and Cajun-inspired favorites served in a warm, rustic atmosphere

Departures: WA: 10:30 a.m.

WRH: 10:45a.m. | CTC: 11:00 a.m.

Sky Carp Game- Join us for a fun trip to see the Beloit Sky Carp play!

Enjoy America's favorite pastime, ballpark food, and a great day with friends.

Departures: WA: 4:00 p.m. WRH: 4:45 p.m.

CTC: 5:00 p.m.

Ice Cream Trip- Join us on Friday, July 8th at 12:30 p.m. for a trip to Baskin Robbins for ice cream and a fun outing!

Departures: WA: 12:30 p.m.

WRH: 12:45 p.m.

CTC: 1:00 p.m.

Breakfast Trip- Join us Thursday, July 9th at 9:00 a.m. for breakfast at Eggsclusive Cafe! Enjoy a delicious meal and great company.

Departures: WA 9:00 a.m. WRH

9:15a.m. CTC 9:30a.m.

Dollar Tree-Join us Wednesday, July 15, at 12:30 p.m. for a fun trip to Dollar Tree to shop for snacks, seasonal items, crafts, and everyday bargains!

Departures: WA: 12:30 p.m.

WRH: 12:45 p.m.

a.m. CTC: 1:00 p.m.

More trips

Lunch at Hard Rock Casino - Join us on Wednesday, July 22nd, at 10:30 a.m. for a fun lunch outing at the casino, featuring great food, good company, and a chance to enjoy the excitement of the gaming floor!

Departures: WA: 10:30 a.m.

WRH: 10:45 a.m. CTC: 11:00 a.m.

Byron Museum- Join us on Wednesday, July 29 at 12:30 p.m. for a visit to the Byron Museum, where we'll explore local history and enjoy an afternoon of learning and discovery! Free Admission

Departures: WA: 12:30 p.m.

WRH 12:45 p.m. CTC: 1:00 p.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, July 30th at 11:00 a.m. for a lunch trip to Ridott Corner Tavern, where we'll enjoy delicious food, friendly service, and great company in a cozy atmosphere!

.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

4th of July Celebration:

Join us on **Thursday, July 2nd at 1:30 p.m. in the Van Sickle Room** for a festive 4th of July celebration featuring live entertainment, & delicious dessert.

Wellzesta Q&A Party

Join us for a fun and informative Wellzesta Party on Thursday, July 9th at 1:30 p.m. Meet Wellzesta ambassadors, learn about helpful features and services, and enjoy delicious treats.

Music Program: Join us on Monday, July 13th at 4:00 p.m. in the Van Sickle Room for an afternoon of music with Sophia Ostgarden.

Educational Program: Join us on **Thursday, July 16 at 1:30 p.m. in the Van Sickle Room** for popcorn and a fascinating look at How Fireworks are Made.

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

Music: Join us on **Friday, July 24 at 1:30 p.m. in the Van Sickle Room** for an afternoon of music and entertainment with Joseph Jones. Sit back, relax, and enjoy the show!

Cognitive activity: Join us on **Thursday, July 30 at 1:30 p.m. in the Van Sickle Room** for a fun Mind Teasers Challenge.

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.**

Veterans Social:

Join Tanya Walls, daughter of retired Army Lieutenant Colonels, for a special social hour dedicated to veterans. **Thursday, July 9 at 1:30 p.m. in the second floor activity 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: 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