

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Independent Living
Calendar
Wesley Willows

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 NPL- North Parking Lot

September

11:00 a.m. Chapel (AUD) 6

Happy Labor Day! 7

11:00 a.m. Wellzesta help training (CR) 1
1:30 p.m. Retired Nurses Meeting: Atrial Fibrillation Month (AUD)
1:30 p.m. Bridge Group (CL)
10:00 a.m. Bingo (AUD) 8
10:00 a.m. Short Story Workshop (CR)
12:15 p.m. WW Rotary Club Meeting (CL)

9:00 a.m.-11:00 a.m. Auxiliary Bake Sale (NPL) 2
11:30 a.m.-1:00 p.m. Auxiliary Bake Sale (ME)
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)
9:30 a.m. Gardener's Market (NPL) 9
11:00 a.m. Painting Class (CR)
11:15 a.m. Chapel (AUD)
1:30 p.m. Prairie Group Meeting (CL)
1:30 p.m. Service Member Social (CR)
2:00 p.m. IL Orientation Refresher Course (AUD)
2:00 p.m. Line Dancers (FS)
3:00 p.m. Grief Support (CL)

8:00 a.m. Lab Draw (AR) 3
9:30 a.m. Birthday Dinner Planning Meeting (CL)
9:30 a.m. Breakfast Trip: Mr.C's (ME)
10:30 a.m. Ukulele Club (CL)
1:00 p.m. Bridge Group (GR)
1:00 p.m. Texas Hold 'Em (CR)
2:00 p.m. Wood Carvers Group (AC)
10:30 a.m. Ukulele Club (CL)
11:00 a.m. Men's Discussion Group (CR) 10
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)
7:30 p.m. Artist Ensemble: Unnecessary Farce ME)

9:30 a.m. Midway Village Trip (ME) 4
12:30 p.m. The Chosen (CR)
2:00 p.m. Bocce Ball (P)
12:30 p.m. The Chosen (CR) 11
1:30 p.m. Popcorn and Productions (AUD)

Bocce Ball anytime 5
Bocce Ball anytime 10:00 a.m. Checkmates Chess Club (AUD) 12

13

9:30 a.m. Grocery Trip: Aldi (ME) 14
12:00 p.m. The Fiber Arts Group (B)
12:30 p.m. Papercrafters (CR)
2:00 p.m. Bingo (AUD)

9:30 a.m. Delicious Discussions (B) 15
1:30 p.m. International Experience (AUD)
1:30 p.m. Bridge Group (B)
3:30 p.m. RSO Presentation (AUD)

10:00 a.m. Day of Service with RU students (ME) 16
11:15 a.m. Chapel (P)
2:00 p.m. Line Dancers (FS)
3:00 p.m. Pub Style Trivia (AUD)
6:30 p.m. Wellzesta Challenge Celebration: Music on the Patio with Jodi Beach (P)

8:00 a.m. Lab Draw (AR) 17
10:30 a.m. Ukulele Club (CL)
11:00 a.m. Bards: Meet the New Director (AUD)
1:00 p.m. Bridge Group (GR)
1:00 p.m. Texas Hold 'Em (CR)
2:00 p.m. Wood Carvers Group (AC)
5:00 p.m. Birthday Dinner (AUD)

10:00 a.m. Cognitive Resources Panel Discussion (AUD) 18
12:30 p.m. The Chosen (CR)
3:00 p.m. Sing-Along: Boardway (AUD)
3:00 p.m. WS Quarterly Meeting (AUD)

Bocee Ball anytime 6:30 p.m. RSO (ME) 19

11:00 a.m. Chapel (AUD) 20

9:30 a.m. Grocery Trip: Schnuck's (ME) 21
12:00 p.m. The Fiber Arts Group (B)
2:00 p.m. Bingo (AUD)
3:00 p.m. Monday Mingle: Eileen Quest & Walk for ALZ Registration (ME)

10:00 a.m. Short Story Workshop (CR) 22
12:15p.m. WW Rotary Club Meeting (CL)
3:00 p.m. Sound Bath (AUD)

9:30 a.m. Gardener's Market (NPL) 23
11:15 a.m. Chapel (AUD)
1:30 p.m. Bocce Ball (P)
2:00 p.m. Line Dancers (FS)

9:00 a.m. Covid/Flu Clinic (AUD) 24
10:30 a.m. Ukulele Club (CL)
11:00 a.m. Men's Discussion Group (CR)
11:30 a.m. Lunch Trip: Woodfire Rockford (ME)
11:30 a.m. Bards Rehearsal (AUD)
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)

1:30 p.m. Water Volleyball 25
2:00 p.m. Bocce Ball (P)

Bocce Ball anytime 26
8:30 a.m. Walk to End ALZ (ME)
0:00 a.m. Checkmates Chess Club (AUD)

27

9:30 a.m. Grocery Trip: Walmart (ME) 28
12:00 p.m. The Fiber Arts Group (B)
2:00 p.m. Bingo (AUD)

10:00 a.m. Board Games (AC) 29
1:30 p.m. Bridge Group (GR)

11:15 a.m. Chapel (AUD) 30
1:30 p.m. Wellzesta help training (CR)
2:00 p.m. Line Dancers (FS)
3:00 p.m. Resident Council Meeting (AUD)

Trips for the Month

Breakfast Trip- Join us **Thursday, September 3rd at 9:30 a.m.** for breakfast at Mr.C's ! Enjoy a delicious meal and great company.
Departures: WA 9:00 a.m. | WRH 9:15 a.m. | CTC 9:30 a.m.

Midway Village Trip- Join us **Friday, September 4th at 9:30 a.m.** for a guided one-hour tour of Midway Village! Explore the historic village and beautiful gardens while enjoying a fun and educational morning. \$8 per person. Free for Midway Village members.
Departures: WA: 9:00 a.m. | WRH: 9:15 a.m. | CTC Departure: 9:30 a.m.

Artist Ensemble Trip- Join us on **Thursday, September 10 at 6:30 p.m.** for a fun evening at Artist Ensemble to see *Unnecessary Farce!* **Tickets are \$19.** Enjoy this hilarious comedy and a great night out with friends. Sign up today to reserve your spot!
Departures: WA 6:00 p.m. | WRH 6:15 p.m. | CTC Departure 6:30 p.m.

RSO: The Planets- Join us on **Saturday, September 19, at 7:30 p.m.** for an unforgettable evening with the Rockford Symphony Orchestra featuring Holst's iconic The Planets, dazzling violin showpieces, and Shostakovich's Festive Overture! Sign up today to reserve your spot!
Departures: WA: 6:00 p.m. | Homes: 6:10 p.m. | CTC Departure: 6:30 p.m.

Trips for the Month Cont.

Lunch Trip- Join us on **Thursday, August 27, at 11:30 a.m.** for a delicious meal at Woodfire Rockford, featuring wood-fired pizzas, fresh pasta, and Italian-inspired favorites! Sign up today to reserve your spot!
Departures: WA 11:00 a.m., WRH 11:15 a.m., CTC Departure 11:30 a.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

RSO Presentation- Join RSO Music Director Yaniv Attar on **Tuesday, September 15 at 3:30 PM** in the Auditorium for a preview of the upcoming RSO concert season. Learn about this year's exciting lineup of beloved masterpieces and new discoveries. RSO staff will also be available to answer questions and assist with subscription orders. Come see what's in store!

Sound Bath- Join us for a relaxing afternoon of Sound Bath on **Tuesday, September 22nd at 3:00 p.m.** in the Auditorium. A sound bath is a deeply relaxing experience that uses soothing vibrations from singing bowls, gongs, and other instruments to help calm the mind and body.
Come unwind, relax, and experience the peaceful benefits of sound therapy with Kristen. This is a free sample class!

Featured Events Cont.

Painting Class- Join us on **Wednesday, September 9th at 11:00 a.m.** in the Conference Room for a fun and creative painting class with Alexa from Peterson Meadows! Come relax, get creative, and enjoy painting your own unique masterpiece. No experience necessary—just bring your creativity and **have some fun!**

Monday Mingle- Join us at **3:00 p.m. in the Castle Town Center Main Lobby** for Monday Mingle with Eileen Quest! Come enjoy good company and a fun afternoon with friends. Alzheimer's Walk sign-up will also be available during the event!

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, 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**

Recurring Activites

Active Aging- Presented by Mercy Health, features health professionals speaking on a variety of wellness topics relevant to the aging population. Occurs every 2nd 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 3rd Thursday in the Auditorium, doors open at 5:00 p.m.



Popcorn & Productions- Enjoy popcorn while watching How Things Are Made on YouTube and discover how everyday products are created. Then, work with your table to build something inspired by what you've learned! Join us for a fun and educational afternoon.

Monday Mingle- Gather with friends for appetizers, mocktails, and lively conversation. Some feature live music or special sponsors for entertainment. Occurs 1st and 3rd 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 1st and 3rd 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 Help Training- 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.

Sing Along - 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.

Bocce Ball- Looking for something fun to do on the weekends? Stop by Guest Services in the Town Center and check out a Bocce Ball set! It's a fun and easy way to get outdoors, stay active, and enjoy time with friends and neighbors. Check out a set and let the games begin!