

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

September

		1 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. Jeopardy Game Night -AR	2 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 10:30 a.m. Famous Daves- ML 2:00 p.m. Cardio Drumming-VSR 3:45 p.m. Trivia with Lisa-AR	3 8:45 a.m. Strong Stability & Balance -VSR 9:30 a.m. Moments of Music-ML 10:00 a.m. Morning Games-AR 1:30 p.m. Crafty Creations-VSR	4 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	5 9:30 a.m. Brain Games with Hedi-AR 10:00 a.m. The Chosen -JC 12:00 p.m. Moments of Music -ML
6 10:00 a.m. Chapel-JC Games always available -AR	7 	8 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. Team Up Tuesday Challenge-AR	9 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 Trip- ML 2:00 p.m. Cardio Drumming-VSR 3:45 p.m. Trivia with Lisa-AR	10 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 Members Social-AR 1:30 p.m. Popcorn & Production- VSR	11 8:45 a.m. Sit & Be Fit-VSR 9:30 a.m. Healthy Hands - VSR 10:00 a.m. Lisa's Nail Spa-AR 2:00 p.m. Bingo-VSR 3:45 p.m. Trivia with Lisa -AR	12 9:30 a.m. Brain Games with Hedi-AR 10:00 a.m. The Chosen -JC 12:00 p.m. Moments of Music -ML
13 10:00 a.m. Chapel-JC Games always available -AR	14 8:45 a.m. Sit & Be Fit -VSR 9:30 a.m. Healthy Hands-VSR 9:30 a.m. Grocery Trip: Aldi-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	15 8:45 a.m. Strong Stability & Balance - VSR 10:00 a.m. Morning Games- AR 10:30 a.m. Delicious Discussions-VSR 2:00 p.m. Bingo-VSR 3:45 p.m. Trivia with HedyAR 6:30 p.m. Jeopardy Game Night -AR	16 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. Morning Games-AR 3:45 p.m. Trivia with Val-AR	17 8:45 a.m. Strong Stability & Balance -VSR 9:30 a.m. Moments of Music-ML 10:00 a.m. Morning Games with Val-AR 12:30 p.m. Apple Orchard Trip-ML 1:00 p.m. Music with Ed Pawelsk-ML	18 8:45 a.m. Sit & Be Fit-VSR 9:30 a.m. Healthy Hands - VSR 10:00 a.m. Morning Games with Val-AR 2:00 p.m. Bingo-VSR 3:45 p.m. Trivia with Hedy-AR	19 9:30 a.m. Brain Games with Hedi-AR 10:00 a.m. The Chosen -JC 12:00 p.m. Moments of Music -ML
20 10:00 a.m. Chapel-JC Games always available -AR	21 8:45 a.m. Sit & Be Fit-VSR 9:30 a.m. Healthy Hands-VSR 9:30 a.m. Grocery Trip: Schnuck's -ML 10:00 a.m. Gardening Club-RGP 1:00 p.m. Movie Matinee-VSR 2:00 p.m. Cardio Drumming -VSR 3:45 p.m. Trivia with Val-AR	22 8:45 a.m. Strong Stability & Balance - VSR 10:00 a.m. Morning Games- AR 2:00 p.m. Bingo-VSR 3:45 p.m. Trivia with Hedy-AR 4:00 p.m. Happy Hour-ML 6:30 p.m. Team Up Tuesday Challenge-AR	23 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. Morning Games-AR 2:00 p.m. Cardio Drumming-VSR 3:45 p.m. Trivia with Val-AR	24 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. Rockford Barbershop Chorus-VSR	25 8:45 a.m. Sit & Be Fit-VSR 9:30 a.m. Healthy Hands - VSR 10:00 a.m. Morning Games with Val-AR 2:00 p.m. Bingo-VSR 3:45 p.m. Trivia -AR	26 9:30 a.m. Brain Games with Hedi-AR 10:00 a.m. The Chosen -JC 12:00 p.m. Moments of Music -ML
27 10:00 a.m. Chapel-JC Games always available -AR	28 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 1:30 p.m. RSO Concert-VSR 3:45 p.m. Trivia with Lisa-AR	29 8:45 a.m. Strong Stability & Balance - VSR 10:00 a.m. Morning Games- AR 2:00 p.m. Bingo-VSR 3:45 p.m. Trivia with Hedy-AR 4:00 p.m. Happy Hour-ML 6:30 p.m. Nifty 90's Club-AR	30 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. Morning Games-AR 2:00 p.m. Cardio Drumming-VSR 3:45 p.m. Trivia with Val-AR			

See Back for more details.

Trips for the Month

Lunch trip- Join us for a delicious lunch outing at Famous Dave’s on Wednesday, September 2nd! Enjoy great food, good company.
Departures: WA: 10:30 a.m.
WRH: 10:45 a.m.
CTC: 11:00 a.m.

Lunch at Hard Rock Casino -
Join us on Wednesday, September 9th, 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.

Trip to Edwards Apple Orchard- Join us for a fun fall outing to Edwards Apple Orchard on Thursday, September 17th! Enjoy the beautiful scenery, fresh apples, delicious treats, and a wonderful afternoon together!
Departures: WA: 12:30 p.m.
WRH: 12:45 p.m. CTC: 1:00 p.m.

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

Featured Events

Crafty Creations:
Join us on Thursday, September 3rd at 1:30 p.m. Enjoy a relaxing time making a fun seasonal project, expressing your creativity, and sharing laughs with friends. No experience is needed—just bring your imagination and have fun!

Popcorn & Production
Join us on Thursday, September 10th, at 1:30 p.m. for an entertaining look behind the scenes to see how some of our favorite foods and snacks are made!

Entertainer:
Join us on Thursday, September 24th, at 1:30 p.m. for an afternoon of beautiful harmonies, classic songs, and good old-fashioned fun with the Rockford Barbershop Chorus!

Educational Program: Join us on Friday, August 21st at 1:30 p.m. in the Van Sickle Room, for popcorn & Production. A fascinating look at How Gummie Candies, Snacks, Sandwich cookies, are made.

RSO Program : Enjoy an afternoon of beautiful music on Monday, September 28th, at 1:30 p.m. with the Rockford Symphony Orchestra! Sit back, relax, and let the talented musicians fill the room with wonderful melodies and unforgettable sounds. Join us for an afternoon of music, relaxation, and enjoyment!

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 Colonel, for a social hour dedicated to veterans. every 2nd Thursday of the month, 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

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

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, from Heartland Hospice: 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