

May 2024 Fitness Class Schedule

Location Key: AC – Activity Center, HPDR – Horsfall Private Dining Room, P – Pool, ML – Meadowlark Activity Room 2nd floor, MG – Masterpiece Gardens

Mondays

8:30 – 9:00 am **Strength & Balance (AC)**
 9:30 – 10:15 am **Aquacize (P)**
 10:00 – 10:30 am **Strength & Balance (Liz)(AC)**
 10:30 – 11:00 am **Sit & Be Fit (AC)**
 1:30 – 2:15 pm **Aquacize (P)**



Thursdays

8:30 – 8:55 am **Stretch (AC)**
 9:00 – 9:45 am **Beginner Tai Chi with Jean (HPDR)**
 9:15 – 9:45 am **Strength & Balance (MG)**
 10:15 – 11:00 am **Aquacize (P)**
 11:05 – 11:45 am **Aqua Zumba (P)**
 1:30 – 3:00 pm **Resident Only Lap Swim (P)**

Tuesdays

8:30 – 8:55 am **Stretch (AC)**
 9:00 – 9:45 am **Beginner Tai Chi with Jean (HPDR)**
 9:15 – 9:45 am **Strength & Balance (MG)**
 10:15 – 11:00 am **Aquacize (P)**
 11:05 – 11:45 am **Aqua Zumba (P)**
 11:00 – 11:45 am **Chair Yoga with Robin (AC)***
 1:15 – 1:45 pm **“Renaerobics” (ML)**
 1:30 – 3:00 pm **Resident Only Lap Swim (P)**

Fridays

8:30 – 9:00 am **Strength & Balance (AC)**
 9:30 – 10:15 am **Aquacize (P)**
 10:00 – 10:30 am **Strength & Balance (Liz) (AC)**
 10:30 – 11:00 am **Sit & Be Fit (AC)**
 11:15 – 11:45 am **Core & More (AC)**

Saturdays

11:00 – 11:50 am **Chair Yoga with Robin (AC)**

Wednesdays

8:30 – 9:00 am **Strength & Balance (AC)***
 9:30 – 10:15 am **Aquacize (P)**
 10:00 – 10:30 am **Strength & Balance (Liz)(ML)**
 10:30 – 11:00 am **Line Dance (AC)***
 1:30 – 2:15 pm **Aquacize (P)**

Important Notes

- Cardio Equipment and portable fitness equipment are now located in the Simon Private Dining Room. The HUR Strength training machines will return when our new Fitness Center space opens in January 2025.
- New residents and staff must still schedule an orientation with Rena in Resident Engagement and sign a waiver before using any of the equipment now located in the Simon Private Dining Room.
- **PLEASE NOTE NEW LOCATION OF GROUP FITNESS CLASSES!** Locations are listed after each class title on this schedule (*see exceptions below*).
- On Wednesday, May 1, **Strength & Balance** and **Line Dance** will take place in the Horsfall Private Dining Room due to the Board Meeting; on Tuesday, May 14, **Chair Yoga** will be in the Multi-Purpose Room on the first floor due to Resident Council.

Fitness Center (Simon Private Dining Room) Hours

Residents: 24 hours, 7 days per week
Members: 8 am to 8 pm, 7 days per week

Questions? Call Rena
 217-344-2144 or e-mail
rleake@clarklindsey.com

Pool Hours

Residents:
 6 am – 8:30 pm, Mon. – Sat.
 6 am – 6 pm, Sun.

Members:
 8 am – 8 pm, Mon. – Sat.
 8 am – 6 pm, Sun.

NOTE:

-Only those residents who are signed up for lap swimming are allowed in the pool or on the deck from 1:30 – 3 pm on T/Th. There is a limit of one time slot per day per resident.
 -The lap lane and jets are NOT available during aquatic classes (listed in blue above).

| SUN | MON | TUE | WED | THUR | FRI | SAT | |
|--|--|---|---|--|--|--|---|
| LOCATION KEY AC - Activity Center EGH - East Green House GHH - Green House Homes | HPDR - Horsfall PDR LDR - Laing Dining Room WGH - West Green House | | 9:00 Coffee & Conversations w/ Kira (EGH) 10:30 Name 5 (discussion) (WGH) 11:15 Board games & Crosswords (EGH) 1:30 May Day baskets (WGH) 3:00 Decouped terra cotta pots (EGH) 6:45 Downtime Binders (GHH) | 1 9:00 Coffee & Conversations w/ Kira (EGH) 10:00 Daily Digest: Read along chronicles (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:30 Mani's & Mingles (EGH) 3:00 Kentucky Derby contender's picks, video/discussion (WGH) 6:45 Downtime Binders (GHH) | 2 9:00 Coffee & Conversations w/ Kira (EGH) 10:00 Daily Digest: Read along chronicles (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:30 Mani's & Mingles (EGH) 3:00 Kentucky Derby contender's picks, video/discussion (WGH) 6:45 Downtime Binders (GHH) | 3 10:30 Creating "Kentucky Derby" hats (EGH) 11:15 Making "MOCK" Mint Juleps (WGH) 1:30 Music & Movement w/Rena (EGH) 3:00 Horse themed puzzles *in honor of the Kentucky Derby* (WGH) 6:45 Downtime Binders (GHH) | 4 1:30 150th Kentucky Derby (NBC) (WGH) 4:00 All about us game (EGH) 6:45 Downtime Binders (GHH) |
| Cinco de Mayo 10:30 United Methodist church service (virtual) (GHH) 1:00 Sing Along w/ Susie Q (Youtube) (EGH) 4:00 Jewelry making (WGH) 6:45 Downtime Binders (GHH) | 5 9:00 Coffee & Conversations w/ Kira (EGH) 10:30 Seated dance party (exercise) (WGH) 11:15 Creating button bouquets (EGH) 1:30 Remote control car racing (WGH) 3:00 Music Therapy (EGH) 6:45 Downtime Binders (GHH) | 6 9:00 Coffee & Conversations w/ Kira (WGH) 10:30 Dada Veda: Singing folk songs (WGH) 11:15 Clark Lindsey library tour (EGH) 1:30 Creating floral wreaths (WGH) 3:00 Making strawberry shortcakes (EGH) 6:45 Downtime Binders (GHH) | 7 9:00 Coffee & Conversations w/ Kira (EGH) 10:30 1950's themed chair exercises (WGH) 11:15 Creating floral pens (EGH) 1:30 DIY garden water fountain (WGH) 2:00 MCJ Jazz Trio (Meadowlark 1st Floor Outdoor Patio) 3:00 Therapy dog visit (EGH) 6:45 Downtime Binders (GHH) | 8 9:00 Coffee & Conversations w/ Kira (WGH) 10:00 Daily Digest: Read along chronicles (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:30 Floral creations (WGH) 3:00 Armchair travel experience (EGH) 6:45 Downtime Binders (GHH) | 9 9:00 Coffee & Conversations w/ Kira (WGH) 10:00 Daily Digest: Read along chronicles (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:30 Floral creations (WGH) 3:00 Armchair travel experience (EGH) 6:45 Downtime Binders (GHH) | 10 10:30 I love Lucy (YouTube) (WGH) 11:15 DIY garden balls (EGH) 1:30 Anita Purves Nature Center: Reptile presentation (HPDR) 1:30 Music & Movement w/Rena (WGH) 3:00 DreamCatchers (LIVE band) (EGH courtyard) 4:15 DreamCatchers Performance (Meadowlark 1st Floor Outdoor Patio) 6:45 Downtime Binders (GHH) | 11 1:00 Fill in the color (EGH) 4:00 Flowers all A-Round (WGH) 6:45 Downtime Binders (GHH) |
| Mother's Day 10:30 United Methodist church service (virtual) (GHH) 1:00 Breakfast at Tiffany's inspired Mother's Day tea (EGH) 4:00 Roll It Tic Tac Toe (WGH) 6:45 Downtime Binders (GHH) | 12 9:00 Coffee & Conversations w/ Kira (WGH) 10:30 Morning stretches (EGH) 11:15 Masterpiece Garden strolls (WGH) 2:00 Sing-along w/Kristy (EGH) 3:30 Making mini apple pies *in honor of National Apple Pie Day* (WGH) 6:45 Downtime Binders (GHH) | 13 9:00 Coffee & Conversations w/ Kira (WGH) 10:30 Playing Cornhole (EGH) 11:15 Clark Lindsey library tour (WGH) 2:00 Van trip to: Sidney Dairy Barn (GH/MB) 2:00 Travelogue with Robin Goettel: Vancouver Island (AC) 3:30 Meaningful Moments (1:1 visits) (WGH) 6:45 Downtime Binders (GHH) | 14 9:00 Coffee & Conversations w/ Kira (WGH) 10:30 Seated "Disco Music" workout (EGH) 11:15 Texture matching game (WGH) 1:30 Flower arranging (EGH) 3:00 Watercolor tulips (WGH) 6:45 Downtime Binders (GHH) | 15 9:00 Coffee & Conversations w/ Kira (EGH) 10:00 Daily Digest: Read along chronicles (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:30 Mani's & Mingles (WGH) 3:00 Lavender pot Qtip painting (EGH) 6:45 Downtime Binders (GHH) | 16 9:00 Coffee & Conversations w/ Kira (EGH) 10:00 Daily Digest: Read along chronicles (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:30 Mani's & Mingles (WGH) 3:00 Armchair travel experience (WGH) 6:45 Downtime Binders (GHH) | 17 10:30 Morning tunes & mingling (Shabaz led) (GHH) 11:30 Sing along, play along w/ Kira (WGH) 1:30 Music & Movement w/Rena (EGH) 2:30 Movie Matinee (WGH) 6:45 Downtime Binders (GHH) | 18 1:00 Mani's w/ Maria (EGH) 4:00 Paint by numbers botanicals (WGH) 6:45 Downtime Binders (GHH) |
| 10:30 United Methodist church service (virtual) (GHH) 1:00 Word in a word (WGH) 4:00 Creating windchimes (EGH) 6:45 Downtime Binders (GHH) | 19 9:00 Coffee & Conversations w/ Kira (EGH) 10:30 What's in the bag (Reminiscing game) (WGH) 11:15 Table hockey (EGH) 1:30 Creating bee hives (WGH) 3:00 Beekeeping video & honey tasting *in honor of World Bee Day* (EGH) 6:45 Downtime Binders (GHH) | 20 9:00 Coffee & Conversations w/ Kira (WGH) 10:30 Garden sensory bins (EGH) 11:15 Color changing flower experiment/discussion (WGH) 1:30 I Spy game (EGH) 3:00 Movie Matinee (WGH) 6:45 Downtime Binders (GHH) | 21 9:00 Coffee & Conversations w/ Kira (EGH) 10:30 Church service & songs w/Jon Norris (WGH) 11:15 Garden Walk & Talk (YouTube) (EGH) 1:30 The flower garden printed paper art (WGH) 3:00 Making pineapple dole whip (EGH) 6:45 Downtime Binders (GHH) | 22 9:00 Coffee & Conversations w/ Kira (WGH) 10:00 Daily Digest: Read along chronicles (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:30 Therapy dog visit (EGH) 3:00 Armchair travel experience (WGH) 6:45 Downtime Binders (GHH) | 23 9:00 Coffee & Conversations w/ Kira (WGH) 10:00 Daily Digest: Read along chronicles (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:30 What did it cost in the 1950's? (WGH) 3:00 Monthly birthday social (EGH) 6:45 Downtime Binders (GHH) | 24 10:30 Morning tunes & mingling (Shabaz led) (GHH) 11:30 Junk drawer detective (EGH) 1:30 Music & Movement w/Rena (WGH) 2:30 Movie Matinee (EGH) 6:45 Downtime Binders (GHH) | 25 1:00 Courtyard Breezes (EGH) 4:00 Mary Poppins musical (YouTube) (WGH) 6:45 Downtime Binders (GHH) |
| 10:30 United Methodist church service (virtual) (GHH) 1:00 50 Classic Poems (YouTube) (EGH) 4:00 Deck of cards matching game (WGH) 6:45 Downtime Binders (GHH) | 26 Memorial Day 9:00 Coffee & Conversations w/ Kira (EGH) 10:30 Clothes pin Memorial Day wreaths (WGH) 12:00 Family & Friends Memorial Day BBQ (EGH) 2:00 Sing-along w/Kristy (WGH) 3:30 Magazine cut out game (EGH) 6:45 Downtime Binders (GHH) | 27 9:00 Coffee & Conversations w/ Kira (WGH) 10:30 Kay's Band: Everything but the kitchen sink (EGH) 11:15 Neighborly Greetings: Card signing (WGH) 1:30 Meaningful Moments (1:1 visits) (EGH) 3:15 Resident council meeting (WGH) 6:45 Downtime Binders (GHH) | 28 9:00 Coffee & Conversations w/ Kira (EGH) 10:30 Seated Zumba Gold Fitness (WGH) 11:15 Zinnia flower pinecones (EGH) 1:30 Van trip to: Aikman Wildlife *Drive-thru safari* (GH/MB) 3:00 The envelope game (WGH) 6:45 Downtime Binders (GHH) | 29 9:00 Coffee & Conversations w/ Kira (WGH) 10:00 Daily Digest: Read along chronicles (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:30 What did it cost in the 1950's? (WGH) 3:00 Monthly birthday social (EGH) 6:45 Downtime Binders (GHH) | 30 9:00 Coffee & Conversations w/ Kira (WGH) 10:00 Daily Digest: Read along chronicles (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:30 What did it cost in the 1950's? (WGH) 3:00 Monthly birthday social (EGH) 6:45 Downtime Binders (GHH) | 31 10:30 Bubble therapy (EGH courtyard) 11:15 Creating butterfly gardens (WGH) 1:30 Music & Movement w/Rena (EGH) 3:00 Butterfly Host Plants with Dr. Lesley Deem (AC) 3:00 Making fruit pizza (WGH) 6:45 Downtime Binders (GHH) | |

May 2024

Green House Homes



Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|---|--|--|--|--|--|---|
| LOCATION KEY AC - Activity Center AS - Art Studio BGL - Billiard & Game Lounge FC - Fitness Center G - Gallery HPDR - Horsfall PDR | HL - Huegy Lounge LDR - Laing Dining Room LL - Legacy Lobby MPG - Masterpiece Gardens AR2 - MeadowLark 2nd Floor Activity Room MPC - Multi-Purpose Center S - Solarium | These events are still happening *Coffee in Laing Dining Monday- Saturday 10 am *Wellness Nurse in the Massage Room Mondays and Wednesdays 9am-11 am *Tech Help with Michael in Huegy Lounge Mondays, Wednesdays and Fridays 10:30 am-noon and by appointment 1 pm-5 pm. | 10:00 Exercise with Liz (AR2) 1 1:00 The Nature Fix Discussion (HPDR) 7:00 St. Pats Bible Study (S) | 10:15 Communion (S) 2 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:00 Ping Pong (AC) 1:30 The Readers (HPDR) 3:00 Watercolor Studio with Heidi (AS) 7:00 Game Night (HPDR) | 1:00 Kitchen Garden Project (Horsfall) 3 2:30 Afternoon Social (HL) 7:15 Movie Night (AC) | 9:30 Billiards (BGL) 4 11:00 Chair Yoga (FC) 2:00 500 Card Game (BGL) 4:00 UIUC Stratford House Student Music Performance (AC) |
| Cinco de Mayo 5 2:30 Piano Recital with CU Piano (AC) 3:00 Rummikub (HPDR) | 8:00 Check Out Ron Wilcox's Photography (Meadowlark Floors 2/3 Wall Art Area) 6 2:00 Comfort Dog Visit (HL) 3:00 Communion (BGL) 7:00 Euchre (BGL) | 10:30 Indoor Activities Committee (BGL) 7 1:00 Van trip committee meeting (Multi-Purpose Room) 1:30 Mahjong (BGL) 3:00 Video Scholars (HPDR) | 10:00 Exercise with Liz (AR2) 8 10:30 Van trip to: North Champaign Shopping Trip (LL) 1:30 Writers Group (BGL) 2:00 MCJ Jazz Trio (Meadowlark 1st Floor Outdoor Patio) 7:00 St. Pats Bible Study (S) | 8:00 Audibel On-Site (MPC) 9 10:00 Art Class with Rhonda Daniels (AR2) 10:15 Communion (S) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 11:00 Village Voice (HPDR) 1:00 Ping Pong (AC) 2:00 Nature Fix Film and Discussion (Horsfall) 4:30 Artist Reception (G) | 1:30 Anita Purves Nature Center: Reptile presentation (HPDR) 10 2:30 Afternoon Social (HL) 4:15 DreamCatchers Performance (Meadowlark 1st Floor Outdoor Patio) 7:15 Movie Night (AC) | 9:30 Billiards (BGL) 11 11:00 Chair Yoga (FC) 2:00 500 Card Game (BGL) 2:00 Mahomet Student Music Performance (AC) 7:00 Presentation by Jon Liebman (AC) |
| Mother's Day 12 11:00 Bharatanatyam Student Dancer (HL) 3:00 Rummikub (HPDR) | 3:00 Floral Decorations Committee (S) 13 3:30 Movie Committee (BGL) 7:00 Euchre (BGL) | 9:30 Resident Council (AC) 14 1:30 Mahjong (BGL) 1:30 PB&J Making (LDR) 2:00 Travelogue with Robin Goettel: Vancouver Island (AC) 3:00 Video Scholars (HPDR) | 10:00 Exercise with Liz (AR2) 15 10:30 Van trip to: Allerton Park Peony viewing/café (LL) 2:00 Library Committee (HPDR) 7:00 St. Pats Bible Study (S) | 10:00 Dining Committee (AC) 16 10:15 Communion (S) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:00 Ping Pong (AC) 1:30 The Readers (HPDR) 3:00 Art Class with Heidi Richter (AS) 7:30 Piano Recital: Graeme Gilmore (AC) | 1:30 Caregiver Support Group (HPDR) 17 2:30 Afternoon Social (HL) 2:30 SecretGarden CU Presentation (AC) 7:15 Movie Night (AC) | 9:30 Billiards (BGL) 18 11:00 Chair Yoga (FC) 1:30 Piano Recital: Kathy Fries (AC) 2:00 500 Card Game (BGL) |
| 3:00 Rummikub (HPDR) 19 3:00 Suzuki-Rolland String Program (AC) | 1:30 Afternoon Movie (AC) 20 7:00 Euchre (BGL) | 1:30 Mahjong (BGL) 21 3:00 Video Scholars (HPDR) | 10:00 Exercise with Liz (AR2) 22 12:00 Resident Picnic (Outside Door 6S) 1:30 Writers Group (BGL) 7:00 Outdoor Games (MPG) 7:00 St. Pats Bible Study (S) 7:00 Travelogue with David Gross and Joe Finnerty (AC) | 10:15 Communion (S) 23 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:00 Ping Pong (AC) 2:00 Hearing Loss and Communication: What it is and What can help with Janet Fros (AC) 7:00 Vocal Performance: Ricardo Herrera (AC) | 2:30 Afternoon Social (HL) 24 7:15 Movie Night (AC) | 9:30 Billiards (BGL) 25 11:00 Chair Yoga (FC) 2:00 500 Card Game (BGL) 7:00 BINGO (AC) |
| 3:00 Rummikub (HPDR) 26 5:00 Van trip to: Dinner at Sun Singer (LL) | Memorial Day 27 7:00 Euchre (BGL) | 1:30 Mahjong (BGL) 28 1:30 PB&J Making (LDR) 3:00 Video Scholars (HPDR) | 10:00 Exercise with Liz (AR2) 29 1:00 Workshop: Apps for Nature Identification (Horsfall) 3:00 Book Club (HPDR) 7:00 Outdoor Games (MPG) 7:00 St. Pats Bible Study (S) | 10:15 Communion (S) 30 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:00 Ping Pong (AC) 1:00 Van trip to: Aikman Wildlife *Drive-thru safari* (LL) 3:00 Watercolor Studio with Heidi (AS) | 2:30 Afternoon Social (HL) 31 3:00 Butterfly Host Plants with Dr. Lesley Deem (AC) 7:15 Movie Night (AC) | |

May 2024

Legacy Building



Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com

| SUN | MON | TUE | WED | THUR | FRI | SAT | |
|---|--|--|---|---|--|--|---|
| LOCATION KEY AC - Activity Center HPDR - Horsfall PDR LDR - Laing Dining Room | MBAR - Meadowbrook Activity Room MBDR - Meadowbrook Dining Room | | 9:30 AM Menu Talk (MBDR) 10:30 AM Daily Chronicles (MBAR) 11:15 AM Rena's Workout (MBDR) 2:30 PM Craft - May Day Basket (MBAR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR) 6:00 PM Movie Matinee (MBAR) | 1 9:30 AM Menu Talk (MBDR) 10:30 AM Everything but the kitchen sink: Kay's band (LDR) 1:30 PM Puzzle Palooza (MBAR) 2:15 PM Jeopardy (MBAR) 6:00 PM Downtime Binders (MBAR) | 2 9:30 AM Menu Talk (MBDR) 10:30 AM Therapeutic Coloring (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 3:00 PM Gardening w/ Randy (Outside MB) 6:00 PM Movie Matinee (MBAR) | 3 9:30 AM Menu Talk (MBDR) 10:30 AM Birthday card signing (200 Hall) 1:30 PM Anita Purves Nature Center: Reptile presentation (HPDR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 3:00 PM Baking Club - Fruit Pizza (MBDR) 4:15 PM DreamCatchers Performance (Meadowlark 1st Floor Outdoor Patio) 6:00 PM Movie Matinee (MBAR) | 4 9:30 AM Menu Talk (MBDR) 3:00 PM Daily Chronicles (MBAR) 10:30 PM Pressed Flower Drink Coaster (MBAR) |
| Cinco de Mayo 5 9:30 AM Menu Talk (MBDR) 10:30 AM Church Service (MBAR) 3:00 PM Phase 10 Card Game (MBAR) | 6 9:30 AM Menu Talk (MBDR) 11:15 AM Rena's Workout (MBDR) 1:15 PM Sing - along w/ Kristy (MBDR) 2:00 PM Game - Headbanz (MBAR) 3:00 PM Crafter Corner (MBAR) 6:00 PM Movie Matinee (MBAR) | 7 9:30 AM Menu Talk (MBDR) 10:30 AM Chair Yoga (MBDR) 1:30 PM Roll N' Stroll (Outside MB) 2:00 PM Trivia (MBAR) 3:00 PM Floral Creations (MBAR) 6:00 PM Downtime Binders (MBAR) | 8 9:30 AM Menu Talk (MBDR) 10:30 AM Daily Chronicles (MBAR) 11:15 AM Rena's Workout (MBDR) 2:00 PM MCJ Jazz Trio (Meadowlark 1st Floor Outdoor Patio) 2:30 PM Bingo (MBAR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR) 6:00 PM Movie Matinee (MBAR) | 9 9:30 AM Menu Talk (MBDR) 10:30 AM Everything but the kitchen sink: Kay's band (LDR) 1:30 PM Puzzle Palooza (MBAR) 2:15 PM Jeopardy (MBAR) 3:00 PM Mother's Day Social (MBDR) 6:00 PM Downtime Binders (MBAR) | 10 9:30 AM Menu Talk (MBDR) 10:30 AM Morning Exercise (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 2:30 PM SecretGarden CU Presentation (AC) 3:00 PM Baking Club - Floral Graham Cracker (MBAR) 6:00 PM Movie Matinee (MBAR) | 11 9:30 AM Menu Talk (MBDR) 10:30 AM Craft-Pressed Flower Bookmarks (MBAR) 3:00 PM Daily Chronicles (MBAR) | |
| Mother's Day 12 9:30 AM Menu Talk (MBDR) 10:30 AM Church Service (MBAR) 3:00 PM Glass Bead Suncatchers (MBAR) | 13 9:30 AM Menu Talk (MBDR) 11:15 AM Rena's Workout (MBDR) 2:00 PM Game - Scrabble (MBAR) 3:00 PM Crafter Corner (MBAR) 6:00 PM Movie Matinee (MBAR) | 14 9:30 AM Menu Talk (MBDR) 10:30 AM Would You Rather (MBAR) 1:30 PM Roll N' Stroll (Outside MB) 2:00 PM Van trip to: Sidney Dairy Barn (GH/MB) 2:00 PM Travelogue with Robin Goettel: Vancouver Island (AC) 6:00 PM Downtime Binders (MBAR) | 15 9:30 AM Menu Talk (MBDR) 10:30 AM Daily Chronicles (MBAR) 11:15 AM Rena's Workout (MBDR) 2:30 PM Pretty Nails (MBAR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR) 6:00 PM Movie Matinee (MBAR) | 16 9:30 AM Menu Talk (MBDR) 10:30 AM Everything but the kitchen sink: Kay's band (LDR) 1:30 PM Puzzle Palooza (MBAR) 2:15 PM Mapping with Randy (MBDR) 3:00 PM Flower Arranging (MBDR) 6:00 PM Downtime Binders (MBAR) | 17 9:30 AM Menu Talk (MBDR) 10:30 AM Morning Exercise (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 2:30 PM SecretGarden CU Presentation (AC) 3:00 PM Baking Club - Floral Graham Cracker (MBAR) 6:00 PM Movie Matinee (MBAR) | 18 9:30 AM Menu Talk (MBDR) 10:30 AM Craft - DIY Aquariums (MBAR) 3:00 PM Daily Chronicles (MBAR) | |
| 19 9:30 AM Menu Talk (MBDR) 10:30 AM Church Service (MBAR) 3:00 PM Game - Roll it Tic Tac Toe (MBAR) | 20 9:30 AM Menu Talk (MBDR) 11:15 AM Rena's Workout (MBDR) 3:00 PM MeadowBrook Family Council (MBDR) 3:00 PM Word Fun with Glen (MBAR) 6:00 PM Movie Matinee (MBAR) | 21 9:30 AM Menu Talk (MBDR) 10:30 AM Therapeutic Coloring (MBAR) 1:30 PM Roll N' Stroll (Outside MB) 2:00 PM Craft - Mason Jar with flowers (MBAR) 3:00 PM Dada Veda (MBDR) 3:00 PM Game - Roll it Tic Tac Toe (MBAR) 6:00 PM Downtime Binders (MBAR) | 22 9:30 AM Menu Talk (MBDR) 10:30 AM Daily Chronicles (MBAR) 11:15 AM Rena's Workout (MBDR) 2:30 PM Craft - Watercolor Sunflowers (MBAR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR) 6:00 PM Movie Matinee (MBAR) | 23 9:30 AM Menu Talk (MBDR) 10:30 AM Everything but the kitchen sink: Kay's band (LDR) 1:30 PM Puzzle Palooza (MBAR) 2:15 PM Jeopardy (MBAR) 3:00 PM Craft - Terracotta Flower Painting (MBAR) 6:00 PM Downtime Binders (MBAR) | 24 9:30 AM Menu Talk (MBDR) 10:30 AM Morning Movements (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 3:00 PM Baking Club - Fresh Fruit Cake (MBDR) 6:00 PM Movie Matinee (MBAR) | 25 9:30 AM Menu Talk (MBDR) 3:00 PM Daily Chronicles (MBAR) 3:00 PM Travelogue & Discussion (MBAR) | |
| 26 9:30 AM Menu Talk (MBDR) 10:30 AM Church Service (MBAR) 3:00 PM Trivia (MBAR) | Memorial Day 27 9:30 AM Menu Talk (MBDR) 11:15 AM Rena's Workout (MBDR) 2:00 PM Glen Travels (MBAR) 3:00 PM Word Fun with Glen (MBAR) 6:00 PM Movie Matinee (MBAR) | 28 9:30 AM Menu Talk (MBDR) 10:30 AM Gratitude Journaling (MBAR) 1:30 PM Roll N' Stroll (Outside MB) 2:00 PM Resident Council (MBDR) 3:00 PM Game - Sorry! (MBAR) 6:00 PM Downtime Binders (MBAR) | 29 9:30 AM Menu Talk (MBDR) 10:30 AM Daily Chronicles (MBAR) 11:15 AM Rena's Workout (MBDR) 1:30 PM Van trip to: Aikman Wildlife *Drive-thru safari* (GH/MB) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR) 6:00 PM Movie Matinee (MBAR) | 30 9:30 AM Menu Talk (MBDR) 10:30 AM Everything but the kitchen sink: Kay's band (LDR) 1:30 PM PB&J Making (200 Hall) 1:30 PM Puzzle Palooza (MBAR) 2:15 PM Jeopardy (MBAR) 3:00 PM Game - Headbandz (MBAR) 6:00 PM Downtime Binders (MBAR) | 31 9:30 AM Menu Talk (MBDR) 10:30 AM Music and Movements (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 3:00 PM Baking Club - Edible Flower Cookies (MBAR) 3:00 PM Butterfly Host Plants with Dr. Lesley Deem (AC) 6:00 PM Movie Matinee (MBAR) | | |

May 2024

Meadowbrook



Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com



| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|---|--|--|--|---|--|
| | | | 9:00 Making Memories - One on One Visits 10:00 Seated Exercises 11:15 Eldergrow Daily Project 1:30 Cooking Club: Mock Mint Julips 3:00 Recipe Book Update 6:00 Movie Night | 9:00 Making Memories - One on One Visits 10:00 Bringing in the May Game 11:15 Eldergrow Daily Project 1:30 Exercise with Becca 3:00 Coffee & Chat 6:00 Roll it Tic Tac Toe Game | 9:00 Making Memories - One on One Visits 10:00 Scrabble 11:15 Eldergrow Daily Project 1:30 Virtual Garden Tour 3:00 Gelatin Bird Feeders 6:00 After Dinner Stroll | 10:30 "Around the Downs" Kentucky Derby Video & Discussion 3:30 Watch the Kentucky Derby |
| Orthodox Easter Cinco de Mayo 5 10:30 King's Corners Card Game 3:30 Watch and Discuss "Fresh Guacamole" Short | 9:00 Making Memories - One on One Visits 10:00 This Day in History 11:15 Eldergrow Lesson 1:30 Folded Paper Flowers 3:00 DIY Pinata Planters 6:00 After Dinner Stroll | 9:00 Making Memories - One on One Visits 10:00 Table Setting 11:15 Eldergrow Daily Project 1:30 Flowers All Around Art Project 3:00 Outdoor Walk 6:00 Scrabble | 9:00 Making Memories - One on One Visits 10:00 Seated Exercises 11:15 Eldergrow Daily Project 2:00 MCJ Jazz Trio 3:00 Button Flower Bouquets 6:00 Movie Night | 9:00 Making Memories - One on One Visits 11:15 Eldergrow Daily Project 1:30 Exercise with Becca 2:00 Mother's Day Flower Arranging Party 3:00 Coffee & Chat 6:00 UNO Card Game | 9:00 Making Memories - One on One Visits 10:00 Scrabble 11:15 Eldergrow Daily Project 1:30 Group Sunflower Art 4:15 DreamCatchers Performance 6:00 After Dinner Stroll | 10:30 Seated Exercises 3:30 Jigsaw Puzzle Time |
| Mother's Day 12 10:30 Velcro Paddle Ball 3:30 Famous Mothers Trivia | 9:00 Making Memories - One on One Visits 10:00 This Day in History 11:15 Eldergrow Daily Project 1:30 Dyeing Coffee Filters for Flowers 3:00 Coffee Filter Flowers 6:00 After Dinner Stroll | 9:00 Making Memories - One on One Visits 10:00 Table Setting 11:15 Eldergrow Daily Project 1:30 Felt Succulents 3:00 Outdoor Walk 6:00 Scrabble | 9:00 Making Memories - One on One Visits 10:00 Seated Exercises 11:15 Eldergrow Daily Project 1:30 Cooking Club: Cucumber Sandwiches 3:00 Recipe Book Update 6:00 Movie Night | 9:00 Making Memories - One on One Visits 10:00 Ink-Stamped Nature Prints 11:15 Eldergrow Daily Project 1:30 Exercise with Becca 3:00 Coffee & Chat 6:00 Jenga | 9:00 Making Memories - One on One Visits 10:00 Scrabble 11:15 Eldergrow Daily Project 1:30 Making Flower Pens 3:00 BINGO 6:00 After Dinner Stroll | 10:30 Chair Yoga 3:30 Checkers |
| 10:30 Jigsaw Puzzle Time 3:30 All 6 Dice Rolling Game | 9:00 Making Memories - One on One Visits 10:00 This Day in History 11:15 Eldergrow Lesson 1:30 Sing-along w/ Kristy 3:00 Cotton Swab Lilac Painting 6:00 After Dinner Stroll | 9:00 Making Memories - One on One Visits 10:00 Table Setting 11:15 Eldergrow Daily Project 1:30 Pinecone Zinnias 3:00 Outdoor Walk 6:00 Scrabble | 9:00 Making Memories - One on One Visits 10:00 Seated Exercises 11:15 Eldergrow Daily Project 1:30 Cooking Club: Floral Fruit Graham Crackers 3:00 Recipe Book Update 6:00 Movie Night | 9:00 Making Memories - One on One Visits 10:00 Paint by Number Botanicals 11:15 Eldergrow Daily Project 1:30 Exercise with Becca 3:00 Coffee & Chat 6:00 Sorry! Board Game | 9:00 Making Memories - One on One Visits 10:00 Scrabble 11:15 Eldergrow Daily Project 1:30 Armchair Travel: Pacific Northwest Trail 3:00 Scrap Fabric Decoupage 6:00 After Dinner Stroll | 10:30 Seated Exercises 3:30 Junk Detective: The Best Intentions |
| 10:30 Sing-along w/ Kira 3:30 Conversation Starter Game | Memorial Day 27 9:00 Making Memories - One on One Visits 10:00 This Day in History 11:15 Eldergrow Daily Project 1:30 Cupcake Liner Flowers 3:00 Cupcake Flowers Wreath 6:00 After Dinner Stroll | 9:00 Making Memories - One on One Visits 10:00 Table Setting 10:15 Van trip to: The Idea Garden 11:15 Eldergrow Daily Project 1:30 Flower Arranging 3:00 Outdoor Walk 6:00 Scrabble | 9:00 Making Memories - One on One Visits 10:00 Seated Exercises 11:15 Eldergrow Daily Project 1:30 Cooking Club: Butterfly Pea Tea Lemonade 3:00 Recipe Book Update 6:00 Movie Night | 9:00 Making Memories - One on One Visits 10:00 Cat Squeegie Painting 11:15 Eldergrow Daily Project 1:30 Exercise with Becca 3:00 Coffee & Chat 6:00 King's Corners Card Game | 9:00 Making Memories - One on One Visits 10:00 Scrabble 11:15 Eldergrow Daily Project 1:30 Colorful Paper Plate Flowers 3:00 Garden Sensory Bin 6:00 After Dinner Stroll | |

May 2024

MeadowLark 1



| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|---|--|--|---|--|---|
| LOCATION KEY ML1 - 1st Floor Common Area ML1 - 1st Floor Courtyard ML1 - 1st Floor Dining Area ML1 - 1st Floor Garden AC - Activity Center AS - Art Studio G - Gallery | HPDR - Horsfall PDR HL - Huegy Lounge LDR - Laing Dining Room LL - Legacy Lobby AR2 - MeadowLark 2nd Floor Activity Room AR3 - MeadowLark 3rd Floor Activity Room | These events are still happening *Coffee in Laing Dining Monday- Saturday 10 am *Wellness Nurse in the Massage Room Mondays and Wednesdays 9am-11 am *Tech Help with Michael in Huegy Lounge Mondays, Wednesdays and Fridays 10:30 am-noon and by appointment 1 pm-5 pm. | 10:00 Coffee (LDR) 1 10:00 Exercise with Liz (AR2) 11:15 Eldergrow Program (ML1) 2:00 Afternoon Walk & Roll 4:45 Trivia (AR3) 6:30 Knitting and Crocheting Corner (AR3) | 10:30 Everything but the kitchen sink: Kay's band (LDR) 2 2:00 Cooking Club: Mock Mint Julips (AR3) 3:00 Watercolor Studio with Heidi (AS) 4:30 Happy Hour (HL) 7:00 Game Night (HPDR) | 10:00 Coffee (LDR) 3 10:30 Walk & Roll (AR2) 11:15 Gratitude Journaling (AR2) 2:00 Ink-Stamped Nature Prints (AR3) 4:45 3rd Floor Walk (AR3) 7:15 Movie Night (AC) | 10:00 Coffee (LDR) 4 11:30 "Around the Downs" Kentucky Derby Video & Discussion (AR2) 2:00 Watch the Kentucky Derby (2nd Floor Common Area) 4:00 UIUC Stratford House Student Music Performance (AC) |
| Cinco de Mayo 5 11:30 Watch & Discuss "Fresh Guacamole" Short (AR3) 2:30 Piano Recital with CU Piano (AC) | 8:00 Check Out Ron Wilcox's Photography (Meadowlark Floors 2/3 Wall Art Area) 6 10:00 Coffee (LDR) 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML1) 2:00 Folded Paper Flowers (AR3) 4:45 Jeopardy! Stream (AR3) 6:30 Scrabble (AR3) | 10:00 Coffee (LDR) 7 10:30 Flowers All Around Art Project (AR3) 11:15 Jigsaw Puzzle Corner (AR3) 1:00 Van trip committee meeting (Multi-Purpose Room) 1:15 Renaeobics (AR2) 4:45 3rd Floor Walk (AR3) 6:30 Movie Night: Concrete Cowboy (AR2) | 10:00 Coffee (LDR) 8 10:00 Exercise with Liz (AR2) 10:30 Van trip to: North Champaign Shopping Trip (LL) 11:15 Eldergrow Program (ML1) 2:00 MCJ Jazz Trio (Meadowlark 1st Floor Outdoor Patio) 4:45 Trivia (AR3) 6:30 Knitting and Crocheting Corner (AR3) | 10:00 Art Class with Rhonda Daniels (AR2) 9 10:30 Everything but the kitchen sink: Kay's band (LDR) 2:00 Mother's Day Flower Arranging Party (ML1) 2:00 Nature Fix Film and Discussion (Horsfall) 3:30 Jeopardy! Game (AR2) 4:30 Artist Reception (G) 6:30 Pictionary (AR3) | 10:00 Coffee (LDR) 10 10:30 Walk & Roll (AR2) 11:15 Gratitude Journaling (AR2) 1:30 Anita Purves Nature Center: Reptile presentation (HPDR) 2:00 Kite Wreath Craft (AR3) 4:15 DreamCatchers Performance (Meadowlark 1st Floor Outdoor Patio) 4:45 3rd Floor Walk (AR3) 7:15 Movie Night (AC) | 10:00 Coffee (LDR) 11 11:30 Checkers (2nd Floor Common Area) 2:00 Mahomet Student Music Performance (AC) 7:00 Presentation by Jon Liebman (AC) |
| Mother's Day 12 11:00 Bharatanatyam Student Dancer (HL) 11:30 Jigsaw Puzzle Corner (AR3) 2:00 Famous Mothers Trivia (AR3) | 10:00 Coffee (LDR) 13 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML1) 2:00 Paint by Number Botanicals (AR3) 4:45 Jeopardy! Stream (AR3) 6:30 UNO Card Game (AR3) | 10:00 Coffee (LDR) 14 10:30 Paper Hyacinth Flowers 11:15 Jigsaw Puzzle Corner (AR3) 1:15 Renaeobics (AR2) 2:00 Travelogue with Robin Goettel: Vancouver Island (AC) 4:45 3rd Floor Walk (AR3) 6:30 Movie Night: Hans Zimmer Hollywood Rebel (AR2) | 10:00 Coffee (LDR) 15 10:00 Exercise with Liz (AR2) 10:30 Van trip to: Allerton Park Peony viewing/café (LL) 11:15 Eldergrow Program (ML1) 2:00 Afternoon Walk & Roll 4:45 Trivia (AR3) 6:30 Knitting and Crocheting Corner (AR3) | 10:30 Everything but the kitchen sink: Kay's band (LDR) 16 2:00 Cooking Club: Cucumber Sandwiches 3:30 Trivia Card Game (AR3) 4:30 Happy Hour (HL) 7:30 Piano Recital: Graeme Gilmore (AC) | 10:00 Coffee (LDR) 17 10:30 Walk & Roll (AR2) 11:15 Gratitude Journaling (AR2) 2:30 SecretGarden CU Presentation (AC) 4:45 3rd Floor Walk (AR3) 7:15 Movie Night (AC) | 10:00 Coffee (LDR) 18 11:30 Connect 4 (2nd Floor Common Area) 1:30 Piano Recital: Kathy Fries (AC) |
| 11:30 Checkers (2nd Floor Common Area) 19 2:00 Outdoor Walk 3:00 Suzuki-Rolland String Program (AC) | 10:00 Coffee (LDR) 20 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML1) 2:00 Memory Wire Bracelets (AR3) 4:45 Jeopardy! Stream (AR3) 6:30 Dominos (AR3) | 10:00 Coffee (LDR) 21 10:30 Coffee Filter Hydrangeas (AR3) 11:15 Jigsaw Puzzle Corner (AR3) 1:15 Renaeobics (AR2) 4:45 3rd Floor Walk (AR3) 6:30 Movie Night: You've Got Mail (AR2) | 10:00 Coffee (LDR) 22 10:00 Exercise with Liz (AR2) 11:15 Eldergrow Program (ML1) 12:00 Resident Picnic (Outside Door 6S) 2:00 Afternoon Walk & Roll 4:45 Trivia (AR3) 6:30 Knitting and Crocheting Corner (AR3) 7:00 Travelogue with David Gross and Joe Finerty (AC) | 10:30 Everything but the kitchen sink: Kay's band (LDR) 23 1:30 Movie Matinee (AR2) 1:30 Van trip to: The Idea Garden 2:00 Hearing Loss and Communication: What it is and What can help with Janet Fros (AC) 3:30 Cooking Club: Floral Fruit Graham Crackers (AR3) 4:30 Happy Hour (HL) 7:00 Vocal Performance: Ricardo Herrera (AC) | 10:00 Coffee (LDR) 24 10:30 Walk & Roll (AR2) 11:15 Gratitude Journaling (AR2) 2:00 Birthday Card Signing (AR3) 4:45 3rd Floor Walk (AR3) 7:15 Movie Night (AC) | 10:00 Coffee (LDR) 25 11:30 Scrabble 2:00 Bowling |
| 11:30 Jigsaw Puzzle Corner (AR3) 26 2:00 New Yorker Group Crossword (AR2) 5:00 Van trip to: Dinner at Sun Singer (LL) | Memorial Day 27 10:00 Coffee (LDR) 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML1) 2:00 Scrap Fabric Decoupage 4:45 Jeopardy! Stream (AR3) 6:30 Jenga | 10:00 Coffee (LDR) 28 10:30 Cat Squeegie Painting (AR3) 11:15 Jigsaw Puzzle Corner (AR3) 1:15 Renaeobics (AR2) 4:45 3rd Floor Walk (AR3) 6:30 Movie Night: June & Kopi (AR2) | 10:00 Coffee (LDR) 29 10:00 Exercise with Liz (AR2) 11:15 Eldergrow Program (ML1) 1:00 Workshop: Apps for Nature Identification (Horsfall) 2:00 Afternoon Walk & Roll 4:45 Trivia (AR3) 6:30 Knitting and Crocheting Corner (AR3) | 10:00 Coffee (LDR) 30 10:30 Everything but the kitchen sink: Kay's band (LDR) 1:00 Van trip to: Aikman Wildlife *Drive-thru safari* (LL) 2:30 Cooking Club: Butterfly Pea Tea Lemonade (AR3) 3:00 Watercolor Studio with Heidi (AS) 3:30 May Birthday Social (AR3) 4:30 Happy Hour (HL) 6:00 Scrabble (AR3) | 10:00 Coffee (LDR) 31 10:30 Walk & Roll (AR2) 11:15 Gratitude Journaling (AR2) 2:00 Gelatin Bird Feeders 3:00 Butterfly Host Plants with Dr. Lesley Deem (AC) 4:45 3rd Floor Walk (AR3) 7:15 Movie Night (AC) | |

May 2024

Meadowlark 2/3

