


SUN	MON	TUE	WED	THUR	FRI	SAT
<b>LOCATION KEY</b> AC - Activity Center AS - Art Studio BGL - Billiard & Game Lounge CLGMB - Clark Lindsey Grounds Maintenance Building HPDR - Horsfall PDR HL - Huegy Lounge LDR - Laing Dining Room LL - Legacy Lobby MPG - Masterpiece Gardens S - Solarium	<b>8:30 Matter of Balance: Sign Up with Liz</b> <b>1</b> 3:00 Communion (BGL) 7:00 Euchre (BGL) <b>8:00 Van Trip: Fireflies and Stars at Meadowbrook Park (LL)</b>	<b>9:00 Sign Ups Start for Gingerbread House Contest</b> <b>2</b> 1:30 Mahjong (BGL) 3:00 Video Scholars (Horsfall)	<b>2:00 Volunteer Opportunity to CCH (See Liz or Maria for details)</b> <b>3</b> <b>7:00 * Outdoor Games (MPG)</b> 7:00 St. Pats Bible Study (S)	<b>Independence Day</b> <b>4</b> 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) <b>6:15 Van Trip: Homer July 4th Celebration (LL)</b>	<b>1:00 Kitchen Garden Project Monthly Meeting (Horsfall)</b> <b>5</b> 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	9:30 Billiards (BGL) 2:00 500 Card Game (BGL) <b>6</b>
3:00 Rummikub (Horsfall) <b>7</b>	2:00 Floral Decorations Committee (S) <b>8</b> 3:30 Movie Committee (BGL) 7:00 Euchre (BGL)	<b>9:30 Resident Council (AC)</b> <b>9</b> <b>10:00 SecretGarden CU Forage Walk</b> <b>11:00 Foraged Items due for SecretGardens Project (CLGMB)</b> 1:30 Mahjong (BGL) 1:30 PB&J Making (LDR) 3:00 Video Scholars (Horsfall)	<b>12:15 Van Trip: The Little Theater On The Square followed by Dinner at Yoder's in Arthur (LL)</b> <b>10</b> 1:30 Writers Group (BGL) <b>7:00 * Outdoor Games (MPG)</b> 7:00 St. Pats Bible Study (S)	<b>10:00 Workshop: Apps for Nature Identification (MPG)</b> <b>11</b> 10:15 Communion (S) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 10:30 The Urbana Free Library Support (HL) 11:00 Village Voice (HPDR) <b>11:00 Potential of Technology to Support Older Adults (AC)</b> 1:00 Ping Pong (AC)	2:30 Afternoon Social (HL) <b>12</b> 7:15 Movie Night (AC)	9:30 Billiards (BGL) 2:00 500 Card Game (BGL) <b>13</b> <b>6:30 Van Trip: Hessel Park Concert (LL)</b>
3:00 Rummikub (Horsfall) <b>14</b>	<b>11:00 Potential of Technology to Support Older Adults (AC)</b> <b>15</b> <b>1:00 Afternoon Movie (AC)</b> <b>4:00 Deadline to Sign Up for Gingerbread House Contest</b> 7:00 Euchre (BGL)	9:00 Fitness Assessments (AC) <b>16</b> 1:30 Mahjong (BGL) 3:00 Video Scholars (Horsfall) <b>7:15 Amazon Archaeology Talk with Dr. John Walker * (AC)</b>	<b>10:30 Van trip for: North Champaign shopping trip (LL)</b> <b>17</b> 2:00 Library Committee (HPDR) <b>2:00 Volunteer Opportunity to CCH (See Liz or Maria for details)</b> <b>7:00 * Outdoor Games (MPG)</b> 7:00 St. Pats Bible Study (S)	<b>9:30 Van Trip: Rain Garden at the University of Illinois (LL)</b> <b>18</b> 10:00 Dining Committee (AC) 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) <b>3:00 Art Class (AS)</b>	1:30 Caregiver Support Group (HPDR) <b>19</b> <b>1:30 Old School Addiction Band (LDR)</b> 2:30 Afternoon Social (HL) 7:15 Movie Night (AC)	<b>9:00 Van Trip to Urbana Farmer's Market (LL)</b> <b>20</b> 9:30 Billiards (BGL) 2:00 500 Card Game (BGL)
3:00 Rummikub (Horsfall) <b>21</b> <b>5:00 Van trip to: Dinner at Sun Singer (LL)</b>	<b>1:00 Opera Appreciation (HPDR)</b> <b>22</b> 7:00 Euchre (BGL)	<b>11:00 What Does it Mean to be Not-For-Profit? (LDR)</b> <b>23</b> 1:30 Mahjong (BGL) 1:30 PB&J Making (LDR) 3:00 Video Scholars (Horsfall) <b>7:00 Float Trips Down the Colorado River through the Grand Canyon with David Gross * (AC)</b>	1:30 Writers Group (BGL) <b>24</b> <b>2:00 "Why NOT Christmas in July?" with Dave Leake (LDR)</b> <b>2:00 Volunteer Opportunity to CCH (See Liz or Maria for details)</b> <b>7:00 * Outdoor Games (MPG)</b> 7:00 St. Pats Bible Study (S)	10:15 Communion (S) <b>25</b> 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 1:00 Ping Pong (AC) <b>2:00 Dan Basham Performance (AC)</b>	<b>9:00 Van Trip: Walk #1 in Meadowbrook Park Prairie (LL)</b> <b>26</b> <b>2:30 Christmas in July Social (LDR)</b> 7:15 Movie Night (AC)	9:30 Billiards (BGL) <b>27</b> 2:00 500 Card Game (BGL) <b>7:00 BINGO (AC)</b>
3:00 Rummikub (Horsfall) <b>28</b>	<b>3:00 Elizabeth Goldsmith-Conley presentation: The Three Wishes * (AC)</b> <b>29</b> 7:00 Euchre (BGL)	1:30 Mahjong (BGL) <b>30</b> 3:00 Video Scholars (Horsfall)	<b>2:00 Volunteer Opportunity to CCH (See Liz or Maria for details)</b> <b>31</b> 3:00 Book Club (AC) <b>7:00 * Outdoor Games (MPG)</b> 7:00 St. Pats Bible Study (S)	* indicates Platinum Waitlist Members and Depositors are invited to the event		 <div> Jim Young 7/3  Herschel Cline 7/6  Helen Satterthwaite 7/8  Terri Elder 7/8 </div> <div> Ann Burger 7/20  Norma Karier 7/26  Graeme Gilmore 7/28  Mickie Davisson 7/30 </div>



SUN		MON		TUE		WED		THUR		FRI		SAT	
		10:15 AM Coffee & Conversation (MBDR) 11:15 AM Rena's Workout (MBDR) 1:15 PM Sing-along w/ Kristy (MBDR) 3:00 PM Making Festive Floral Centerpieces (MBAR) 5:30 PM Dinner & Dialogue (MBDR)	<b>1</b>	9:15 AM Coffee & Conversation (MBDR) 11:30 AM Roll & Stroll (Outside MB) 1:30 PM Cotton Ball Stamped Stars (MBAR) 4:00 PM Hot Diggity Dog Humor (MBAR)	<b>2</b>	9:15 AM Coffee & Conversation (MBDR) 11:30 AM Rena's Workout (MBDR) 1:30 PM July 4th Door Decorating (MBAR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR)	<b>3</b>	<b>Independence Day</b> 9:15 AM Coffee & Conversation (MBDR) <b>10:30 AM Everything but the kitchen sink: Kay's band (LDR)</b> 11:30 AM Lunchtime Talks (MBAR) 1:30 PM Patriotic Rice Krispie Treats (MBAR) 4:00 PM Red, White, & Blue Quiz (MBAR)	<b>4</b>	10:15 AM Daily Chronicles & Headlines (MBAR) 11:15 AM Morning Movement (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 5:30 PM Dinner & Dialogue (MBDR)	<b>5</b>	9:30 AM Coffee & Conversation (MBDR) 3:00 PM Firecracker Jokes (MBAR)	<b>6</b>
	<b>7</b>	10:15 AM Coffee & Conversation (MBDR) 11:15 AM Rena's Workout (MBDR) 2:00 PM Glen's Travels (MBAR) 3:00 PM Word Fun w/ Glen (MBAR)	<b>8</b>	9:15 AM Coffee & Conversation (MBDR) <b>11:00 AM Foraged Items due for SecretGardens Project (CLGMB)</b> 11:30 AM Roll & Stroll (Outside MB) 1:30 PM Patriotic Songs w/ Kira (MBAR) 4:00 PM M&M Game (MBAR)	<b>9</b>	9:15 AM Coffee & Conversation (MBDR) 11:30 AM Rena's Workout (MBDR) 1:30 PM Clark Lindsey Library Visit (MBAR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR)	<b>10</b>	9:15 AM Coffee & Conversation (MBDR) 11:30 AM Lunchtime Talks (MBAR) 1:30 PM Baking Club: Fluffy Key Lime Pie (MBAR) 1:30 PM Therapy Dog Visit (MBAR) 4:00 PM Trivia (MBAR)	<b>11</b>	10:15 AM Daily Chronicles & Headlines (MBAR) 11:15 AM Morning Movement (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 5:30 PM Dinner & Dialogue (MBDR)	<b>12</b>	10:30 AM Jewelry Making (MBAR) 3:00 PM Movie Matinee (MBAR)	<b>13</b>
	<b>14</b>	10:15 AM Coffee & Conversation (MBDR) 11:15 AM Rena's Workout (MBDR) 2:00 PM Glen's Travels (MBAR) <b>3:00 PM Meadowbrook Family Council (MBDR)</b> 3:00 PM Word Fun w/ Glen (MBAR) 5:30 PM Dinner & Dialogue (MBDR)	<b>15</b>	9:15 AM Coffee & Conversation (MBDR) 11:30 AM Roll & Stroll (Outside MB) 1:30 PM Christmas in July Gingerbread House Decorating (MBAR) <b>3:00 PM Dada Veda (MBAR)</b>	<b>16</b>	9:15 AM Coffee & Conversation (MBDR) 11:30 AM Rena's Workout (MBDR) 1:30 PM Clark Lindsey Library Visit (MBAR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR)	<b>17</b>	9:15 AM Coffee & Conversation (MBDR) <b>10:30 AM Everything but the kitchen sink: Kay's band (LDR)</b> 11:30 AM Lunchtime Talks (MBAR) <b>2:15 PM Mapping with Randy (MBDR)</b> 4:00 PM Birthday Card Signing (MBAR)	<b>18</b>	10:15 AM Daily Chronicles & Headlines (MBAR) 11:15 AM Morning Movement (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) 5:30 PM Dinner & Dialogue (MBDR)	<b>19</b>	9:30 AM Coffee & Conversation (MBDR) 3:00 PM Armchair Travel: Paris (MBAR)	<b>20</b>
	<b>21</b>	10:15 AM Coffee & Conversation (MBDR) 11:15 AM Rena's Workout (MBDR) 2:00 PM Glen's Travels (MBAR) 3:00 PM Word Fun w/ Glen (MBAR)	<b>22</b>	9:15 AM Coffee & Conversation (MBDR) 11:30 AM Roll & Stroll (Outside MB) <b>2:00 PM Resident Council Meeting (MBAR)</b> 4:00 PM Creating Fluttering Butterflies (MBAR)	<b>23</b>	9:15 AM Coffee & Conversation (MBDR) 11:30 AM Rena's Workout (MBDR) 1:30 PM Clark Lindsey Library Visit (MBAR) <b>2:00 PM "Why NOT Christmas in July?" with Dave Leake (LDR)</b> 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR)	<b>24</b>	9:15 AM Coffee & Conversation (MBDR) <b>10:30 AM Everything but the kitchen sink: Kay's band (LDR)</b> 11:30 AM Lunchtime Talks (MBAR) 1:30 PM July Birthday Social (MBAR) 4:00 PM Bingo (MBAR)	<b>25</b>	10:15 AM Daily Chronicles & Headlines (MBAR) 11:15 AM Morning Movement (MBAR) 2:00 PM St Pats Bible Study with Frank Rosser (MBAR) <b>2:30 PM Christmas in July Social (LDR)</b> 5:30 PM Dinner & Dialogue (MBDR)	<b>26</b>	10:30 AM Beanbag Toss Game (MBAR) 3:00 PM "What Am I?" Game (MBAR)	<b>27</b>
	<b>28</b>	10:15 AM Coffee & Conversation (MBDR) 11:15 AM Rena's Workout (MBDR) 2:00 PM Glen's Travels (MBAR) 3:00 PM Word Fun w/ Glen (MBAR) 5:30 PM Dinner & Dialogue (MBDR)	<b>29</b>	9:15 AM Coffee & Conversation (MBDR) 11:30 AM Roll & Stroll (Outside MB) 1:30 PM Watermelon Coasters (MBAR) 4:00 PM Summer Olympics Trivia Game (MBAR)	<b>30</b>	9:15 AM Coffee & Conversation (MBDR) 11:30 AM Rena's Workout (MBDR) 1:30 PM Clark Lindsey Library Visit (MBAR) 4:00 PM Twin City Bible study w/ Alex and Stephen (MBAR)	<b>31</b>	<b>LOCATION KEY</b> CLGMB - Clark Lindsey Grounds Maintenance Building		LDR - Laing Dining Room MBAR - Meadowbrook Activity Room		MBDR - Meadowbrook Dining Room	

July 2024

Meadowbrook

Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com



# July 2024 Fitness Class Schedule

Location Key: AC – Activity Center, HPDR – Horsfall Private Dining Room, P – Pool, ML – Meadowlark Activity Room 2<sup>nd</sup> floor

## 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 (AC)**  
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 (AC )**  
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)**  
1:30 – 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)**



## 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](mailto: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).*


## Important Notes

- **Fitness Assessments** - We will perform Fitness Assessments for residents on **July 16**. Sign up for a time slot on the sheet outside the entrance to Meadowbrook or see Rena. **The only group fitness classes that day (July 16) will be Tai Chi and Chair Yoga.**
- No Tai Chi on July 4 or July 25
- No Chair Yoga on July 23
- Watch for information about our **Matter of Balance** class coming July 23! Registration will be required.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Location Key</b> <b>AR3-</b> Meadowlark 3 <sup>rd</sup> <b>Floor</b> Activity Room <b>LDR-</b> Laing Dining Room	<b>1</b> 11:15 Eldergrow Project 7:00 Movie Night  Anytime: One on One Visits Wonderful Life Workshop Courtyard Breezes Mind Benders Daily Chronicles	<b>2</b> 11:15 Eldergrow Project 7:00 Timeless Tunes  Anytime: One on One Visits Seated Exercise Door Decorating Mind Benders Service Project: Jewelry	<b>3</b> 11:15 Eldergrow Project 1:45 Cooking Club 7:00 Zen Art  Anytime: One on One Visits Door Decorating Mind Benders Armchair Travel	<b>4</b> <b>10:30 Kay's Band (LDR)</b> 7:00 Moments of Joy  Anytime: One on One Visits Seated Exercise Sip and Chat Mind Benders Wonderful Life Workshop <small>Independence Day USA</small>	<b>5</b> 11:15 Eldergrow Project 7:00 Movie Night  Anytime: One on One Visits Muse & Make Courtyard Breezes Mind Benders Game Time!	<b>6</b> 10:30 Muse & Make 3:30 Root Beer Floats  Anytime: Zen Art Friends & Family Scavenger
<b>7</b> Anytime:  Table Talk Spiritual Streaming or visits Courtyard Breezes Mind Benders Sweet Melodies with Kira Aquapaint	<b>8</b> 11:15 Eldergrow Lesson 7:00 Movie Night  Anytime: One on One Visits Wonderful Life Workshop Courtyard Breezes Mind Benders Daily Chronicles	<b>9</b> 11:15 Eldergrow Project 7:00 Timeless Tunes  Anytime: One on One Visits Seated Exercise Jewelry Making Mind Benders Game Time!	<b>10</b> 11:15 Eldergrow Project 1:45 Cooking Club 7:00 Zen Art  Anytime: One on One Visits Dice Roll Mind Benders Armchair Travel	<b>11</b> <b>10:30 Kay's Band (LDR)</b> 7:00 Moments of Joy  Anytime: One on One Visits Seated Exercise Sip and Chat Mind Benders Wonderful Life Workshop	<b>12</b> 11:15 Eldergrow Project 7:00 Movie Night  Anytime: One on One Visits Muse & Make Courtyard Breezes Mind Benders Game Time!	<b>13</b> 11:30 I Spy 3:30 Muse & Make 5:35 Manis (Manicures)  Anytime: Jigsaw Puzzle Friends & Family Scavenger
<b>14</b> Anytime:  Table Talk Spiritual Streaming or Visits Courtyard Breezes Mind Benders Sweet Melodies with Kira Card Signing	<b>15</b> 11:15 Eldergrow Project <b>1:30 Music with Kristy</b> 7:00 Movie Night  Anytime: One on One Visits Wonderful Life Workshop Courtyard Breezes Mind Benders Daily Chronicles	<b>16</b> 11:15 Eldergrow Project 7:00 Timeless Tunes  Anytime: One on One Visits Seated Exercise Jewelry Making Mind Benders Game Time!	<b>17</b> 11:15 Eldergrow Project 1:45 Cooking Club 7:00 Timeless Tunes  Anytime: One on One Visits Uno Mind Benders Armchair Travel	<b>18</b> <b>10:30 Kay's Band (LDR)</b> 7:00 Moments of Joy  Anytime: One on One Visits Seated Exercise Sip and Chat Mind Benders Wonderful Life Workshop	<b>19</b> 11:15 Eldergrow Project 7:00 Movie Night  Anytime: One on One Visits Game Time! Muse & Make Courtyard Breezes Mind Benders	<b>20</b> 10:30 Muse & Make 3:30 Table Top Tennis  Anytime: Jigsaw Puzzle Friends & Family Scavenger
<b>21</b> Anytime: <i>Christmas in July!</i>  Table Talk Spiritual Streaming or visits Courtyard Breezes Mind Benders Sweet Melodies with Kira Present Wrapping	<b>22</b> 11:15 Eldergrow Lesson 7:00 Movie Night  Anytime: <i>Christmas in July!</i> One on One Visits Santa's Workshop Courtyard Breezes Mind Benders Daily Chronicles	<b>23</b> 9:30 <b>Resident Council</b> <b>Monthly Meeting (AC3)</b> 11:15 Eldergrow Project 7:00 Timeless Tunes  Anytime: <i>Christmas in July!</i> One on One Visits Seated Exercise Gingerbread House Mind Benders Jewelry Making	<b>24</b> 11:15 Eldergrow Project 1:45 Cooking Club 7:00 Zen Art: Christmas Colors  Anytime: One on One Visits Bingo Mind Benders Armchair Travel	<b>25</b> <b>10:30 Kay's Band (LDR)</b> 7:00 Moments of Joy  Anytime: <i>Christmas in July!</i> One on One Visits Seated Exercise Sip and Chat Mind Benders Wonderful Life Workshop	<b>26</b> 11:15 Eldergrow Project 7:00 Movie Night  Anytime: One on One Visits Game Time! Muse & Make Courtyard Breezes Mind Benders	<b>27</b> 11:30 I Spy 3:30 BINGO 5:35 Aquapaint  Anytime: Zen Art Friends & Family Scavenger
<b>28</b> Anytime:  Table Talk Spiritual Streaming or visits Courtyard Breezes Mind Benders Sweet Melodies with Kira Jigsaw Puzzle	<b>29</b> 11:15 Eldergrow Project 7:00 Movie Night  Anytime: One on One Visits Wonderful Life Workshop Courtyard Breezes Mind Benders Daily Chronicles	<b>30</b> 11:15 Eldergrow Project 7:00 Timeless Tunes  Anytime: One on One Visits Seated Exercise Muse & Make Mind Benders Game Time!	<b>31</b> 11:15 Eldergrow Project 1:45 Cooking Club 7:00 Zen Art  Anytime: One on One Visits July Birthday Social Mind Benders Armchair Travel	<div> <div>July 2024</div> <div>             Happy Birthday, Ernest Gullerud (16<sup>th</sup>) and Joyce Dutton (22<sup>nd</sup>)!             Independence Day!           </div> </div>		



SUN	MON	TUE	WED	THUR	FRI	SAT
<b>LOCATION KEY</b> ML1 - 1st Floor Common Area ML1 - 1st Floor Courtyard ML1 - 1st Floor Dining Area ML1 - 1st Floor Garden AC - Activity Center AS - Art Studio CLGMB - Clark Lindsey Grounds Maintenance Building HPDR - Horsfall PDR HL - Huegy Lounge LDR - Laing Dining Room LL - Legacy Lobby MPG - Masterpiece Gardens AR2 - MeadowLark 2nd Floor Activity Room AR3 - MeadowLark 3rd Floor Activity Room S - Solarium	<b>8:30 Matter of Balance: Sign Up with Liz</b> 10:00 Coffee (LDR) 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML1) <b>2:00 Popcorn Social (AR3)</b> 3:15 Brain, Body, and Balance (AR2) 4:15 Jeopardy (AR2) 7:30 Game Night (Dining Area 2nd Floor) <b>8:00 Van Trip: Fireflies and Stars at Meadowbrook Park (LL)</b>	<b>9:00 Sign Ups Start for Gingerbread House Contest</b> 10:00 Coffee (LDR) 10:30 Craft - America Flag Paint Stick (AR3) 11:15 Eldergrow (ML1) 1:15 Renaeobics (AR2) 4:15 Walk N' Roll (AR2) 5:45 Card Games (Dining Area 2nd Floor) 7:30 Movie Night - A Beautiful Life (AR2)	10:00 Coffee (LDR) 10:00 Exercise w/ Liz (AR2) 11:15 Eldergrow Program (ML1) <b>1:30 Volunteer Opportunity to CCH (See Liz or Maria for details)</b> 3:15 Brain, Body, and Balance (AR2) 4:15 Trivia (AR3) 5:45 Patriotic Facts! (Dining Area 2nd Floor) <b>7:00 * Outdoor Games (MPG)</b> 7:00 St. Pats Bible Study (S)	<b>Independence Day</b> 10:00 Coffee (LDR) <b>10:30 Everything but the kitchen sink: Kay's band (LDR)</b> 2:00 Baking Club - Charcuterie Cups (AR3) <b>4:30 Happy Hour (HL)</b> 5:45 Daily Chronicles (Dining Area 2nd Floor) <b>6:15 Van Trip: Homer July 4th Celebration (LL)</b>	10:00 Coffee (LDR) 10:30 Walk & Roll (AR2) 11:15 Eldergrow (ML1) <b>1:00 Kitchen Garden Project Monthly Meeting (Horsfall)</b> 2:30 Afternoon Social (HL) 4:15 Craft - Patriotic Coaster (AR3) 5:45 Patriotic Riddles (AR2) 7:15 Movie Night (AC)	10:00 Coffee (LDR) 2:00 Bean Bag Toss (AR3 Balcony) 4:35 Rolling and Strolling with Popsicles (ML Courtyard)
<b>3:00 Rummikub (Horsfall)</b>	10:00 Coffee (LDR) 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML1) 2:00 Mini Golf and Mocktails (ML Courtyard) 3:15 Brain, Body, and Balance (AR2) 7:30 Game Night (Dining Area 2nd Floor)	10:00 Coffee (LDR) <b>10:00 SecretGarden CU Forage Walk</b> <b>11:00 Foraged Items due for SecretGardens Project (CLGMB)</b> 11:15 Eldergrow (ML1) 1:15 Renaeobics (AR2) 4:15 Walk N' Roll (AR2) 5:45 Card Games (Dining Area 2nd Floor) 7:30 Movie Night - Meghan Leavey (AR2)	10:00 Coffee (LDR) 10:00 Exercise w/ Liz (AR2) 11:15 Eldergrow Program (ML1) <b>12:15 Van Trip: The Little Theater On The Square followed by Dinner at Yoder's in Arthur (LL)</b> 3:15 Brain, Body, and Balance (AR2) 4:15 Trivia (AR3) 5:45 Patriotic Facts! (Dining Area 2nd Floor) <b>7:00 * Outdoor Games (MPG)</b> 7:00 St. Pats Bible Study (S)	10:00 Coffee (LDR) <b>10:00 Workshop: Apps for Nature Identification (MPG)</b> <b>10:30 Everything but the kitchen sink: Kay's band (LDR)</b> 10:30 The Urbana Free Library Support (HL) <b>11:00 Potential of Technology to Support Older Adults (AC)</b> 2:00 Cooking Club - Churro Cheesecake (AR3) <b>4:30 Happy Hour (HL)</b> 5:45 Daily Chronicles (Dining Area 2nd Floor) 7:30 Game Night (AR2)	10:00 Coffee (LDR) 10:30 Walk & Roll (AR2) 11:15 Eldergrow (ML1) 2:30 Afternoon Social (HL) 4:15 Craft - Diamond Magnet (AR3) 5:45 Patriotic Riddles (AR2) 7:15 Movie Night (AC)	10:00 Coffee (LDR) 2:00 Bingo (AR3) 4:35 Board Game - Clue (Dining Area 2nd Floor) <b>6:30 Van Trip: Hessel Park Concert (LL)</b>
<b>3:00 Rummikub (Horsfall)</b>	10:00 Coffee (LDR) 10:30 Walk & Roll (AR2) <b>11:00 Potential of Technology to Support Older Adults (AC)</b> 11:15 Eldergrow Program (ML1) <b>1:00 Afternoon Movie (AC)</b> 3:15 Brain, Body, and Balance (AR2) <b>4:00 Deadline to Sign Up for Gingerbread House Contest</b> 4:15 Jeopardy (AR2) 7:30 Game Night (Dining Area 2nd Floor)	10:00 Coffee (LDR) 10:30 Game - Uno (AR3) 11:15 Eldergrow (ML1) <b>2:00 Root beer Floats (AR3)</b> 4:15 Walk N' Roll (AR2) 5:45 Card Games (Dining Area 2nd Floor) <b>7:15 Amazon Archaeology Talk with Dr. John Walker * (AC)</b>	10:00 Coffee (LDR) 10:00 Exercise w/ Liz (AR2) <b>10:30 Van trip for: North Champaign shopping trip (LL)</b> 11:15 Eldergrow Program (ML1) <b>2:00 Volunteer Opportunity to CCH (See Liz or Maria for details)</b> 3:15 Brain, Body, and Balance (AR2) 4:15 Trivia (AR3) 5:45 Patriotic Facts! (Dining Area 2nd Floor) <b>7:00 * Outdoor Games (MPG)</b> 7:00 St. Pats Bible Study (S)	<b>9:30 Van Trip: Rain Garden at the University of Illinois (LL)</b> 10:00 Coffee (LDR) <b>10:30 Everything but the kitchen sink: Kay's band (LDR)</b> 2:00 Cooking Club - BLT Dip (AR3) <b>3:00 Art Class (AS)</b> <b>4:30 Happy Hour (HL)</b> 5:45 Daily Chronicles (Dining Area 2nd Floor) 7:30 Game Night (AR2)	10:00 Coffee (LDR) 10:30 Walk & Roll (AR2) 11:15 Eldergrow (ML1) <b>1:30 Old School Addiction Band (LDR)</b> 2:30 Afternoon Social (HL) 4:15 Spa Day (AR3) 5:45 Patriotic Riddles (AR2) 7:15 Movie Night (AC)	<b>9:00 Van Trip to Urbana Farmer's Market (LL)</b> 10:00 Coffee (LDR) 2:00 Sip and Paint (AR3) 4:35 Birthday card signing (AR3)
<b>3:00 Rummikub (Horsfall)</b> <b>5:00 Van trip to: Dinner at Sun Singer (LL)</b>	10:00 Coffee (LDR) 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML1) <b>1:00 Opera Appreciation (HPDR)</b> 3:15 Brain, Body, and Balance (AR2) 7:30 Game Night (Dining Area 2nd Floor)	10:00 Coffee (LDR) 10:30 French Trivia (AR3) <b>11:00 What Does it Mean to be Not-For-Profit? (LDR)</b> 11:15 Eldergrow (ML1) 1:15 Renaeobics (AR2) 4:15 Walk N' Roll (AR2) 5:45 Card Games (Dining Area 2nd Floor) <b>7:00 Float Trips Down the Colorado River through the Grand Canyon with David Gross * (AC)</b>	10:00 Coffee (LDR) 10:00 Exercise w/ Liz (AR2) 11:15 Eldergrow Program (ML1) <b>2:00 "Why NOT Christmas in July?" with Dave Leake (LDR)</b> <b>2:00 Volunteer Opportunity to CCH (See Liz or Maria for details)</b> 3:15 Brain, Body, and Balance (AR2) 4:15 Trivia (AR3) 5:45 Patriotic Facts! (Dining Area 2nd Floor) <b>7:00 * Outdoor Games (MPG)</b> 7:00 St. Pats Bible Study (S)	10:00 Coffee (LDR) <b>10:30 Everything but the kitchen sink: Kay's band (LDR)</b> <b>2:00 Dan Basham Performance (AC)</b> <b>4:30 Happy Hour (HL)</b> <b>5:45 Birthday Social (AR3)</b> 7:30 Game Night (Dining Area 2nd Floor)	<b>9:00 Van Trip: Walk #1 in Meadowbrook Park Prairie (LL)</b> 10:00 Coffee (LDR) 10:30 Walk & Roll (AR2) 11:15 Eldergrow (ML1) <b>2:30 Christmas in July Social (LDR)</b> 4:15 Game - Olympic Bingo 5:45 Patriotic Riddles (AR2) 7:15 Movie Night (AC)	10:00 Coffee (LDR) 2:00 Crafts and Cocktails - Tie dye shirts 4:35 Manicures (AR2)
<b>3:00 Rummikub (Horsfall)</b>	10:00 Coffee (LDR) 10:30 Walk & Roll (AR2) 11:15 Eldergrow Program (ML1) <b>3:00 Elizabeth Goldsmith-Conley presentation: The Three Wishes * (AC)</b> 3:15 Brain, Body, and Balance (AR2) 4:15 Jeopardy (AR2) 7:30 Game Night (Dining Area 2nd Floor)	10:00 Coffee (LDR) 10:30 Game - Roll it Tic Tac Toe (AR3) 11:15 Eldergrow (ML1) 1:15 Renaeobics (AR2) 4:15 Walk N' Roll (AR2) 5:45 Card Games (Dining Area 2nd Floor) 7:30 Movie Night - Shirley (AR2)	10:00 Coffee (LDR) 10:00 Exercise w/ Liz (AR2) 11:15 Eldergrow Program (ML1) <b>2:00 Volunteer Opportunity to CCH (See Liz or Maria for details)</b> 3:15 Brain, Body, and Balance (AR2) 4:15 Trivia (AR3) 5:45 Patriotic Facts! (Dining Area 2nd Floor) <b>7:00 * Outdoor Games (MPG)</b> 7:00 St. Pats Bible Study (S)			 <p>           Dorothy S. 7/19            DeAnna A. 7/25            Tom H. 7/26         </p>

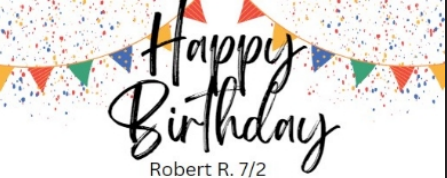
# July 2024

## MeadowLark 2/3

Activities subject to change, contact ResidentEngagementTeam@clarklindsey.com





SUN	MON	TUE	WED	THUR	FRI	SAT
<b>LOCATION KEY</b> EGH - East Green House GHH - Green House Homes LDR - Laing Dining Room WGH - West Green House	9:00 Morning Mingle (GHH) 10:30 Creating July 4th Bookmarks (EGH) 1:30 Seated Exercises (WGH) 3:00 Shaving Cream Fireworks (EGH) <b>1</b>	9:00 Morning Mingle (GHH) 10:30 Dada Veda: Singing folk songs (EGH) 2:45 Movie Matinee (GHH) 4:00 July 4th Door Decorating (EGH) <b>2</b>	9:00 Morning Mingle (GHH) 10:15 Clark Lindsey Library Visit (WGH) 2:45 Making Festive Floral Centerpieces (EGH) 4:00 July 4th Door Decorating (WGH) <b>3</b>	<b>Independence Day</b> 9:00 Morning Mingle (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 2:45 Patriotic Rice Krispie Treats (WGH) 4:00 Red, White, & Blue Quiz (EGH) <b>4</b>	9:00 Morning Mingle (GHH) 1:30 Music & Movement w/ Rena (WGH) 2:00 Patriotic Garden Stakes (EGH) 3:15 Summer Compromise Junk Detective (WGH) <b>5</b>	1:00 Virtual Hawaiian Bike Tour (EGH) 4:00 Patriotic Riddles & Stumpers (WGH) <b>6</b>
<b>7</b>	9:00 Morning Mingle (GHH) 10:30 "Rhymes with Free" Puzzle (WGH) 2:00 Sing-along w/ Kristy (EGH) 3:00 Baking Club: Fluffy Key Lime Pie (WGH) <b>8</b>	9:00 Morning Mingle (GHH) 10:15 Planting Cornflowers (WGH) 2:45 Giant Summer Coloring Poster (EGH) 4:00 Beanbag Toss Game (WGH) <b>9</b>	9:00 Morning Mingle (GHH) 10:15 Clark Lindsey Library Visit (EGH) 2:45 Seated Exercises (WGH) 4:00 M&M Game (EGH) <b>10</b>	9:00 Morning Mingle (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 2:45 Courtyard Cultivating (WGH) 4:00 Jigsaw Puzzle Corner (EGH) <b>11</b>	9:00 Morning Mingle (GHH) 1:30 Music & Movement w/ Rena (EGH) 2:00 Jewelry Making (WGH) 3:15 Courtyard Cultivating (EGH) <b>12</b>	1:00 Cotton Ball Stamped Stars (WGH) 4:00 Hot Diggity Dog Humor (EGH) <b>13</b>
<b>14</b>	9:00 Morning Mingle (GHH) 10:30 Categories Puzzle (EGH) 1:30 Patriotic Songs w/ Kira (WGH) 3:00 Therapy Dog Visit (GHH) <b>15</b>	9:00 Morning Mingle (GHH) 10:15 Laundry Day Junk Drawer Detective (EGH) 2:45 Giant Summer Coloring Poster (WGH) 4:00 Dominos (EGH) <b>16</b>	9:00 Morning Mingle (GHH) 10:15 Clark Lindsey Library Visit (WGH) 2:45 Seated Exercises (EGH) 4:00 "Can You Picture This?" Game (WGH) <b>17</b>	9:00 Morning Mingle (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 2:45 Christmas in July Gingerbread House Decorating (WGH) 4:00 Hover Soccer Ball (EGH) <b>18</b>	9:00 Morning Mingle (GHH) 1:30 Music & Movement w/ Rena (WGH) 2:00 Keychain Making (EGH) 3:15 Straw Star Door Decor (WGH) <b>19</b>	1:00 "What Am I?" Game (WGH) 4:00 Courtyard Breezes (EGH) <b>20</b>
<b>21</b>	9:00 Morning Mingle (GHH) 10:30 Ice Cream Flavors Puzzle (EGH) 2:00 Sing-along w/ Kristy (WGH) 3:00 American Flag Fruit Skewers (EGH) <b>22</b>	9:00 Morning Mingle (GHH) <b>10:30 Kay's Band: Everything But the Kitchen Sink (EGH)</b> <b>3:15 Resident Council Meeting (WGH)</b> 4:00 Courtyard Bubble Therapy (EGH) <b>23</b>	9:00 Morning Mingle (GHH) <b>10:30 Church Service &amp; Songs w/ Jon Norris (EGH)</b> <b>2:00 "Why NOT Christmas in July?" with Dave Leake (LDR)</b> 2:45 Seated Exercises (WGH) 4:00 Armchair Travel: Paris (EGH) <b>24</b>	9:00 Morning Mingle (GHH) 10:30 Everything But The Kitchen Sink: Kay's Band (LDR) 2:45 July Birthday Social (EGH) 4:00 Jigsaw Puzzle Corner (WGH) <b>25</b>	9:00 Morning Mingle (GHH) 1:30 Music & Movement w/ Rena (EGH) <b>2:30 Christmas in July Social (LDR)</b> 3:15 Creating Fluttering Butterflies (WGH) <b>26</b>	1:00 Mocktails and Manis (EGH) 4:00 Courtyard Breezes (WGH) <b>27</b>
<b>28</b>	9:00 Therapy Dog Visit (GHH) 10:30 Searching for the Summer Olympics Puzzle (EGH) 1:30 Seated Exercises (WGH) 3:00 Watermelon Coasters (EGH) <b>29</b>	9:00 Morning Mingle (GHH) 10:15 Thumball Reminiscing (WGH) 2:45 Movie Matinee (GHH) 4:00 Dominos (EGH) <b>30</b>	9:00 Morning Mingle (GHH) 10:15 Clark Lindsey Library Visit (WGH) 2:45 Seated Exercises (EGH) 4:00 Summer Olympics Trivia Game (WGH) <b>31</b>			 Robert R. 7/2