

Reflections Highlights

March 2020

Out and About

Lunch Bunch Visits Herman's

March 20th – 11:15 a.m.

Sign Up at the Reflections desk by March 13th

Spiritual Matters

Village Worship

Wednesdays, 10:15 a.m., Birch 1 Atrium

Pray the Rosary

2nd and 4th Fridays

9:30 a.m. in the Reflections T.V. Room

St. Hubert's Catholic Service

Sundays, 9:30 a.m. Birch 1 Atrium

Devotions with Pastor Julie

Wednesdays, March 18th and 25th

1:30 p.m. in the Lounge

Learning about The Jewish Seder

Our Chaplains will be holding a learning opportunity about the Seder at 2:00 p.m. on Thursday, March 26th in Birch 1 Atrium.

Fitness Counts

Classes with Our Fitness Center Staff

Fusion Fitness

Mondays and Fridays at 1:15p.m

Tuesdays and Thursdays at 9:30 a.m.

All classes held in the T.V. Room

Recreational Classes led by our Willows Staff

Monday and Wednesday Mornings at 9:30 a.m.

Variety Classes include Chair Exercise, Movement to Music, Walking Group and Seated Tai Chi

Walking Club with Delight

Thursdays at 10:15 a.m.

Community Connections

Spa Time

Treat yourself to a complimentary manicure by our High School student volunteers

Mondays at 4:15 p.m. in the Activity Room

Tea, Toast, Trivia and Talk

Gather for refreshments and conversation with friends

Wednesdays at 2 p.m. in the Activity Room

Willows Community Volleyball Game

Compete with your neighbors in this seated game

Saturday, March 7th and Tuesday 24th at 2:00 p.m. Birch 1 Atrium

Fun and Games

Bingo

Sundays Evenings

Win "Bingo Bucks" and redeem them for items on our Bingo Shopping Cart

Various Cognitive, Physical and Recreational Games are offered throughout the week

Learn and Discover

Superfoods: Whole Grains

Taste and learn at this monthly educational session

Tuesday, March 10th, 2:00 p.m. in the Birch 1 Atrium

Appraisal of Coins, Gold and Silver

Learn about the art of appraisal and see how much you antiques are worth on Monday, March 23rd at 3:30 p.m. in the Birch 1 Atrium

For the Love of Music

Saturday Afternoon Concert Series

2:00 p.m., Birch 1 Atrium

Vince– March 14th

Noreen D – March 28th

Name that Tune!

Play the game Name that Tune with Carla! March 31st

2:00 p.m., Birch 1 Atrium

Guitar Sing Along with John

Wednesdays at 6:15 p.m. in the Lounge

Attention Readers

“The Sentinel”

Reading and Discussion Group: Chicago

Friday Afternoons at 4 p.m. in the Lounge

Read Aloud Story Time

Mondays at 4 p.m. in the Lounge

Creative Corner

Everyone’s an Artist: Watercolor Resist

Sunday, March 8th at 2:00 p.m. in the Activity Room

Spring Craft: Door Hangers

Thursday, March 19th, 2:00 p.m., Activity Room

Easter Craft: Wood Egg Craft

Friday, March 27th 2:00 p.m., Activity Room

Expressive Arts

Get in touch with your creativity in a program led by our Art Therapy interns.

Mondays, March 9th and 16th at 2:00 p.m. in the Activity Room

Helping Hands

Service Club: Stuffing Easter Eggs for Egg Hunt

Friday, March 13th at 2:00 p.m. in the Activity Room, we will be preparing Easter Eggs for our annual Egg hunt in April 4th

St. Patrick’s Day Cards

Joshlyn will lead us in creating special St. Patrick cards for our friends and neighbors in Briarwood on Thursday, March 5th at 10:15 a.m.

St. Patrick’s Day Party

We will have a St. Patrick’s Day Party with Green themed Refreshments on March 17th at 2:00p.m Birch 1 Atrium

We welcome all family members to join us in activities!

Willows Reflections **Activity Staff**

We are always looking for program suggestions and ideas! Feel free to contact us at any time with questions, comments or suggestions.

William Van Giesen ext. 5306

Activity Office – ext. 3575

Daisy Garcia Loretta Topol Jo Connor

A full schedule of activities is provided to Residents weekly. Family members may view the full schedule of events through the Caremerge app. Please contact Carla at ext. 5694 for information on signing up for Caremerge