

# Willows Highlights

March 2020

## Out and About

Sign up at the 3<sup>rd</sup> floor desk required the Friday prior to shopping outings. Outings may be cancelled for low attendance.

**Walgreen's** –March 3<sup>rd</sup>– 10:00 a.m.

**Dollar Tree** –March 24<sup>th</sup>– 10:00 a.m.

## Spiritual Matters

### **Village Worship**

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

Please note that there will be no Village Worship on Ash Wednesday

### **Pray the Rosary**

1<sup>st</sup> and 3<sup>rd</sup> Thursdays

3:30 p.m., Birch 2<sup>nd</sup> floor Activity Room

### **St. Hubert's Catholic Service**

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

### **Sacred Story Circle**

#### **Led by our Chaplains**

Participants will read a story provided in advance and meet for discussion on Friday, March 6<sup>th</sup> at 10:30 in the 2<sup>nd</sup> floor Activity Room

### **New! Resident-led Bible Study**

This group will focus on the topic of finding Joy, and will meet on Fridays at 3:30 p.m. in the 2<sup>nd</sup> floor Activity Room

### **Learning about The Jewish Seder**

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

### **Oaklie the Therapy Dog**

Oaklie (an adorable Bassett mix) visits several times a month. She makes a group stop on the third floor at 11 a.m. every other Tuesday. Please let the Activity Staff know if you would like a room visit.

## Fitness Counts

### **Classes with Our Fitness Center Staff**

9:30 a.m.

**"Sit and Fit"**- Mondays and Fridays, Birch 1 Atrium

**Mindful Movement** – Wednesdays, Birch 2<sup>nd</sup> floor

### **Chair Tai Chi - Promotes Fall Prevention!**

Thursdays & select Saturdays, 9:30 a.m. – Birch 1st Floor Atrium and on Birch 2<sup>nd</sup> floor on Saturday.

### **Chair Exercise -DVD Workout**

Select Tuesdays & Saturdays, 9:30 a.m., Birch 2<sup>nd</sup> floor

### **Variety Classes with Carla**

Chair Yoga –March 3<sup>rd</sup>, 9: 30 a.m., Birch 2<sup>nd</sup> floor

Dancercise- March 31<sup>st</sup>, 9:30 a.m., Birch 2<sup>nd</sup> floor

## Community Connections

### **Willows Dining Meeting**

Share ideas and give feedback at this event hosted by our Dining Services staff March 4<sup>th</sup>, 3:15 p.m. Birch 2<sup>nd</sup> floor

### **Welcome Social**

Get to know your neighbors & welcome new Residents  
March 20<sup>th</sup>, 2:00 p.m. Birch 1 Atrium  
We will also take some time to get to know our new

### **Town Hall Meeting**

Hear about what is going on in your community and offer your comments and suggestions.  
March 16<sup>th</sup>, 2:00 p.m., Birch 1 Atrium

### **Coffee and Current Events with Bill**

Join us for this popular weekly gathering of friends  
Tuesdays at 10:00 a.m., Birch 2<sup>nd</sup> floor

### **Manicures**

Treat yourself to a complimentary manicure and visit with friends Mondays at 3:30 p.m., Birch 2<sup>nd</sup> floor

## **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 31<sup>st</sup>

2:00 p.m., Birch 1 Atrium

## **Learn and Discover**

### **Art Appreciation**

This month we will feature Michelangelo on

March 30th, 6:30 p.m., 2<sup>nd</sup> floor

### **Schaumburg Library Presents: Girls with Guitars**

Listen and learn about some of comedy's greats!

Monday, March 9th at 2:00 p.m. on Birch 2<sup>nd</sup> floor

### **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 23<sup>rd</sup> at  
3:30 p.m. in the Birch 1 Atrium

## **Creative Corner**

### **Expressive Arts**

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

March 2nd at 2:00 p.m., Birch 2<sup>nd</sup> floor

### **Spring Craft: Flower Pens**

Thursday March 19<sup>th</sup> at 2:00 p.m., Birch 2<sup>nd</sup> floor

*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*

## **Fun and Games**

### **Bingo**

Sundays and Wednesdays, 2:00 p.m., Birch 2<sup>nd</sup> floor

Win "Bingo Bucks" and shop our Bingo Store Cart

### **Xbox Bowling**

Monday afternoons Birch 2<sup>nd</sup> floor

### **Dice Games**

A variety of games are offered throughout the month-  
check the weekly schedule for days and times.

### **Pinochle – New Players Always Welcome**

Games held on Tuesday afternoons at 3:30 p.m.

## **Attention Readers**

### **"The Sentinel"**

#### **Where in the World**

Themed reading and discussion group meets select

Thursday mornings at 10:15 a.m. on Birch 2<sup>nd</sup> floor

#### **Read Aloud with Brina**

"George Burns: All My Best Friends"

**Now weekly** on Thursdays, 6:30 p.m. - Birch 2<sup>nd</sup> floor

### **Library Services**

The monthly pop up library is available on the 17<sup>th</sup> in the  
Bridgegate Atrium

## **St. Patrick's Day Party**

We will have a St. Patrick's Day Party with Green themed

Refreshments on March 17<sup>th</sup> at 2:00p.m Birch 1 Atrium

## **Willows 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

***We welcome all family members to join us in activities!***

