

Willows Highlights

Week of May 2– May 8, 2021

Sunday – 2	Monday – 3	Tuesday – 4	Wednesday – 5	Thursday – 6	Friday – 7	Saturday - 8
<p>Individual options</p> <p>2nd floor exercise trail</p> <p>Secret Garden is opened</p> <p>Program Leader Key: LT= Loretta PS= Paulina WV= Will CS= Carla</p>	<p>10:00am Chair Chi, Birch 1st floor CS</p> <p>2:00pm Bingo, Birch 1st floor PS</p> <p>3:15pm Bingo Store, Birch 1st floor PS</p> <p>Individual options</p> <p>Secret Garden is opened</p> <p>2nd floor exercise trail</p>	<p>9:45am Dancercise, Birch 1st floor CS</p> <p>2:00pm Service project making: Making Mother's Day tags, Birch 1st floor PS</p> <p>Individual options</p> <p>Secret Garden is opened</p> <p>2nd floor exercise trail</p>	<p>10:00am Chair yoga, Birch 1st floor LT</p> <p>1:30pm Mini Golf, Birch 1st floor PS, WV</p> <p>3:15pm Dining Meeting Birch 2nd floor</p> <p>Individual options</p> <p>Secret Garden is opened</p> <p>2nd floor exercise trail</p> <p>Bingo at 1:00pm on Channel 1902</p>	<p>10:00am Chair Exercise, Birch 1st floor PS</p> <p>10:45am Wii Jeopardy, Birch 2nd floor PS</p> <p>2:00pm Remember When: Dick Van Dyke still active Birch 1st floor PS,</p> <p>Individual options</p> <p>Secret Garden is opened</p> <p>2nd floor exercise trail</p>	<p>10:00am Sacred Circle, Birch 1st floor</p> <p>2:00pm Afternoon Exercise, Birch 1st floor WV</p> <p>Individual options</p> <p>Secret Garden is opened</p> <p>2nd floor exercise trail</p>	<p>10:00am Chair Exercise, Birch 1st floor LT</p> <p>10:45am News Currents, Birch 2nd floor LT</p> <p>2:00pm Xbox Bowling, Birch 2nd floor LT</p> <p>Individual options</p> <p>Secret Garden is opened</p> <p>2nd floor exercise trail</p>

FTV channel 1901/1902

Sunday – 2	Monday – 3	Tuesday – 4	Wednesday – 5	Thursday – 6	Friday – 7	Saturday - 8
7:00,8:00,9:00am Morning Prayer: FTV 1901 9:30am Sit & Fit FTV 1901 10:00am Progressive Muscle Relaxation FTV 1901 10:30am Village Worship FTV 1901 11:00am Sunday School Songs with Chaplain Jon FTV 1901 11:30am TED Talks on Media Consumption FTV 1901 1:00pm Rosary Prayer FTV 1901 3:00pm Hymn Sing FTV 1901 6:15pm Modern Marvels: How Wine is Made FTV 1901	7:00,8:00,9:00am Morning Prayer: FTV 1901 10:00am Seated Ballet FTV 1901 11:30am Mindful Movement FTV 1901 12:00pm Pom Pom Advanced Routine FTV 1901 2:00pm Sit & Fit FTV 1901 3:30pm Food Around the World: Kenya FTV 1901	7:00,8:00,9:00am Morning Prayer: FTV 1901 9:15am Sit & Fit FTV 1901 1:00pm Healthy Hands FTV 1901 2:00pm Sacred Story with Chaplains Jon & Melanie FTV 1901 3:00pm Pom Pom Advanced Routine FTV 1901 3:30pm Virtual Vacations: Germany's Romantic Rhine & Rothenberg, FTV 1901 4:00pm Hymn Sing with Jon FTV 1901 6:00pm Modern A World of Art: The Metropolitan Museum of Art FTV 1901	7:00,8:00,9:00am Morning Prayer: FTV 1901 9:15am Sit & Fit FTV 1901 10:30am Village Worship FTV 1901 11:30am Breathe, Stretch & Strengthen FTV 1901 12:00pm Pom Pom Advanced Routine FTV 1901 1:00pm Bingo Live FTV 1902 2:00pm Sacred Story with Chaplains Jon & Melanie FTV 1901 3:00pm Food Around the World: Kenya FTV 1901 4:30pm The Duke of Edinburgh: In His Own Words FTV 1901 6:00pm Art of the Heist - The Woman in Gold FTV 1901	7:00,8:00,9:00am Morning Prayer: FTV 1901 9:30am Sacred Story with Chaplains Jon & Melanie FTV 1901 10:00am Spring Valley - Preserving Schaumburg's Prairie Heritage FTV 1901 11:00am Mindful Movement FTV 1901 12:00pm Hymn Sing with Jon FTV 1901 12:30pm YoStretch with Jill FTV 1901 1:30pm Sit & Fit FTV 1901 2:00pm Talks on Media Consumption, TV 1901 3:00pm Pom Pom Advanced Routine FTV 1901 6:15pm Modern Marvels: How Wine is Made FTV 1901	7:00,8:00,9:00am Morning Prayer: FTV 1901 9:15 Chair Yoga with Carolyn FTV 1901 9:45am Sit & Fit FTV 1901 10:15am Remember When with Typewriter FTV 1901 11:00am Healthy Hands FTV 1901 12:00pm Hymn Sing FTV 1901 1:00pm Rosary Prayer FTV 1901 1:30pm Chair Chi with Carla FTV 1901	7:00,8:00,9:00am Morning Prayer: FTV 1901 10:00am Sit & Fit FTV 1901 10:30am Talks on Media Consumption FTV 1901 11:30am Mindful Movement FTV 1901 12:00pm Sing-along with Carla FTV 1901 3:30pm Virtual Vacations: Germany's Romantic Rhine & Rothenberg FTV 1901 6:30pm The Duke of Edinburgh: In His Own Words FTV 1901