




calendar & activities FEB 2019		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Theme of the Month: Reflect</p> <p>TRANSPORTATION SCHEDULE</p> <p><u>Medical Transportation:</u> Monday-Friday (8:30-3:30) <u>Every Other</u> Saturday (10-3:30)</p> <p><u>Outing Schedule:</u> Tuesday Shopping (10:45) Thursday Lunch (11:30-1:30) Other Weekly Outings (See Calendar)</p> <p><u>Every Other</u> Sunday Religious Services</p> <p><i>Please note that all activities and events are subject to change. Thank you!</i></p> <div><div>CONNECT</div><div>CONTRIBUTE</div><div>FEEL</div><div>GROW</div><div>MOVE</div><div>REFLECT</div></div>								
		<p>Super Bowl Sunday 3</p> <p>9:00 Transportation for Church Services [L]</p> <p>9:30 Spiro100 Fitness Class [ER]</p> <p>10:30 Rosary & Devotions with Joyce [ER]</p> <p>11:00 Ludicrous Laws & Government Goofs [GR]</p> <p>2-3 Live Presentation with Art Educator, Debra Levie [IE]</p> <p>3:30-4 Chair Chi with Cathy! [IE]</p> <p>3:45 Afternoon Card Club [ACS]</p> <p>4:30-7 Sunday Dinner Carving Station [DR]</p> <p>5:30 Super Bowl Game [R]</p>	<p>9:30-1 Flow with Maria [ALE] 4</p> <p>10:30 Rummikub Club [L]</p> <p>1:30 Challenge Your Brain, Learn A Game! [L]</p> <p>3:00 Live Entertainment with Singer/Guitarist, Craig Siemsen! [ALE]</p> <p>3:15 Coffee Klatch [GR]</p> <p>4:00 You Be the Judge [ALE]</p> <p>4:30-7 Pasta Night! [DR]</p> <p>7:30 Monday Night Movie [IE]</p>	<p>10:00 Sit and Be Fit with Cindy [ALE] 5</p> <p>10:30- Free Blood Pressure Checks! [Lib]</p> <p>10:45 Shopping Outing: Target [L]</p> <p>11:00 Rummy 500 & Rummikub [L]</p> <p>1:30 Afternoon Concert: Richard Rodgers Centennial Gala part 1 [ALE]</p> <p>1:30 American Mahjong [R]</p> <p>2:45 Scrabble [ACS]</p> <p>4:00 Resident Group Chat: Connecting with Others & Getting Involved</p>	<p>10:00 Bible Study with Christ Church- Topic: Playing the Part That God Has Given You [ALE] 6</p> <p>10:00 Therapy Dog Visits!</p> <p>11:00 Brain Health University [ALE]</p> <p>1:15 Bridge Group [R]</p> <p>1:30-2 Board Games [ACS]</p> <p>2-3 Knitwits Needle Art Club! [Lib]</p> <p>2:30-3 Music and Movement with Caitlin [IE]</p> <p>2:45 Outing: Pizza & Bowling at Brunswick Bowling Alley [L]</p> <p>4:00 Featured App of the Week: Youtube [ALE]</p>	<p>10:00 Brain Health University [ALE] 7</p> <p>10:30- Chair Yoga with Susan [IE]</p> <p>11:30 Lunch Bunch Outing: [L]</p> <p>1:30-2 Music Sing-a-Longs with Songs by Heart [ER]</p> <p>3:00 TED Talks & Discussion [R]</p> <p>4:00 Poker! [R]</p> <p>4:00 Stop, Contemplate, Interpret [ACS]</p> <p>7:00 Movie Night! [ALE]</p>	<p>10:00 Art Class with Cheryl [ICS] 8</p> <p>10:00 Working with Weights [IE]</p> <p>1:15 Documentary & Discussion of the Week: Edward G Robinson [ALE]</p> <p>2:15 Burning Bowl Ceremony [IE]</p> <p>3:00 Valentine's Day Songs with Bonnie! [ER]</p> <p>4:00 Facts or Fiction [GR]</p> <p>7:00 Movie Night! [IE]</p>	<p>Groundhog Day 2</p> <p>10:00 Chair Yoga with Susan [IE]</p> <p>11:00 Be Inspired: The gift and qualities within ourselves. [ALE]</p> <p>12:30 Rockland's Sports Lounge [R]</p> <p>1:00 Brain Health University [ALE]</p> <p>2:00 Wine & Performing Arts at Rockland's: Ann starring Holland Taylor [R]</p> <p>3:30 Let's Get Acquainted [GR]</p> <p>4:30-7 International Cuisine: Chinese New Year [DR]</p>
		<p>9:00 Transportation for Church Services [L] 10</p> <p>9:30 Stretch & Strength with Carrie [ALE]</p> <p>10:30 Rosary & Devotions with Joyce [ER]</p> <p>11-11: Mexican Train Domino Game [L]</p> <p>1:00 Bingo! [ACS]</p> <p>1:30 Matinee Movie [ALE]</p> <p>3:30-4 Chair Chi with Cathy! [IE]</p> <p>3:45 Afternoon Card Club [ACS]</p> <p>4:30-7 Sunday Dinner Carving Station [DR]</p>	<p>9:30-1 Flow with Maria [ALE] 11</p> <p>10:30 Rummikub Club [L]</p> <p>1:30 Challenge Your Brain, Learn A Game! [L]</p> <p>3:15 Coffee Klatch [GR]</p> <p>3:45 Create A Meditation Garden & Experience the Benefits of Guided Meditation [ACS]</p> <p>7:30 Monday Night Movie [IE]</p>	<p>10:00 Sit and Be Fit with Cindy [ALE] 12</p> <p>10:30- Free Blood Pressure Checks! [Lib]</p> <p>10:30 Visit from Cook Library [Lib]</p> <p>11:00 Rummy 500 & Rummikub [L]</p> <p>1-2 One-on-One Technology Lesson with Paul (get your questions answered!) [ICS]</p> <p>1:15 Afternoon Concert: Richard Rodgers Centennial Gala part 2 [ALE]</p> <p>1:30 American Mahjong [R]</p> <p>3:00 Martina Mathisen Presents: Meet Marie Antoinette [IE]</p> <p>4:00 Resident Group Chat: Thoughts on Martina Mathisen Presentation of Marie Antionette [GR]</p>	<p>Eggs-Traordinary Wednesday! (Breakfast All-Day) 13</p> <p>10:00 Bible Study with Christ Church- Topic: Has God Treated You Fairly? [ALE]</p> <p>11:00 Brain Health University [ALE]</p> <p>1:15 Bridge Group [R]</p> <p>1:30-2 Board Games [ACS]</p> <p>2-3 Knitwits Needle Art Club! [Lib]</p> <p>2:30-3 Music and Movement with Caitlin [IE]</p> <p>4:00 Featured App of the Week: Duo [ALE]</p>	<p>Valentine's Day 14</p> <p>10:00 Brain Health University [ALE]</p> <p>10:30- Chair Yoga with Susan [IE]</p> <p>11:30 Lunch Bunch Outing: [L]</p> <p>1:30-2 Music Sing-a-Longs with Songs by Heart [ER]</p> <p>3:00 TED Talks & Discussion [R]</p> <p>4-4:45 New! The Ending Is... [ACS]</p> <p>4:00 Poker! [R]</p> <p>7:00 Live Valentine's Day Entertainment with Violinist, Mihai Vlad! [IE]</p>	<p>10:00 Working with Weights [IE] 15</p> <p>11:00 Brain Health University [ALE]</p> <p>12:45 Outing: Shen Yun Performing Arts at Rosemont Theatre [L]</p> <p>1:15 Performing Arts: Memphis [ALE]</p> <p>3:00 Bingo! [R]</p> <p>4:00 Making Sensory Tubes For Our Memory Care Residents [ICS]</p> <p>7:00 Movie Night! [IE]</p>	<p>9:00 Scrabble [ACS] 16</p> <p>10:00 Chair Yoga with Susan [IE]</p> <p>12:30 Rockland's Sports Lounge [R]</p> <p>2-4 Painting Class with Artist, Colleen! [ICS]</p> <p>3:45 Let's Get Acquainted [GR]</p> <p>4:00 Today's News [R]</p>
<p>Location Keys</p> <p>AL Entertainment Room</p> <p>Assisted Living Creative Studio</p> <p>Dining Room</p> <p>Great Room</p> <p>IL Creative Studio</p> <p>IL Entertainment Room</p> <p>Library</p> <p>Lobby</p> <p>MC Entertainment Room</p> <p>Rockland's</p> <p>ALE</p> <p>ACS</p> <p>DR</p> <p>GR</p> <p>ICS</p> <p>IE</p> <p>Lib</p> <p>L</p> <p>ER</p> <p>R</p>		<p>9:00 Transportation for Church Services [L] 17</p> <p>9:30 Spiro100 Fitness Class [ER]</p> <p>10:30 Rosary & Devotions with Joyce [ER]</p> <p>11:00 Ludicrous Laws & Government Goofs [GR]</p> <p>3:30-4 Chair Chi with Cathy! [IE]</p> <p>3:45 Afternoon Card Club [ACS]</p> <p>4:30-7 Sunday Dinner Carving Station [DR]</p>	<p>Presidents' Day 18</p> <p>9:30-1 Flow with Maria [ALE]</p> <p>10:30 Rummikub Club [L]</p> <p>1:30 Challenge Your Brain, Learn A Game! [L]</p> <p>3:15 Coffee Klatch [GR]</p> <p>4:00 You Be the Judge [ALE]</p> <p>7:30 Monday Night Movie [IE]</p>	<p>10:00 Sit and Be Fit with Cindy [ALE] 19</p> <p>10:30- Free Blood Pressure Checks! [Lib]</p> <p>10:45 Shopping Outing: Target [L]</p> <p>11:00 Rummy 500 & Rummikub [L]</p> <p>1-2 One-on-One Technology Lesson with Paul (get your questions answered!) [ICS]</p> <p>1:15 Afternoon Concert [ALE]</p> <p>1:30 American Mahjong [R]</p> <p>2:45 Scrabble [ACS]</p> <p>3:00 Presentation with Dr. Lori Halvorson, Audiologist: The Heart & Hearing [IE]</p> <p>4:00 Resident Group Chat: [GR]</p>	<p>10:00 Communion Service & Bible Study with Christ Church of Lake Forest [ALE] 20</p> <p>11:00 Brain Health University [ALE]</p> <p>12:30 Outing: Skokie Holocaust Museum [L]</p> <p>1:15 Bridge Group [R]</p> <p>1:30-2 Board Games [ACS]</p> <p>2-3 Knitwits Needle Art Club! [Lib]</p> <p>2:30-3 Music and Movement with Caitlin [IE]</p> <p>4:00 Featured App of the Week: Netflix [ALE]</p>	<p>10:00 Brain Health University [ALE] 21</p> <p>10:30- Chair Yoga with Susan [IE]</p> <p>11:30 Lunch Bunch Outing: [L]</p> <p>1:30-2 Music Sing-a-Longs with Songs by Heart [ER]</p> <p>2:00 Dining Committee Meeting (LOCATION CHANGE) [ACS]</p> <p>3:00 TED Talks & Discussion [R]</p> <p>4-4:45 Great Minds Thinking Together [ACS]</p> <p>4:00 Poker! [R]</p> <p>4:30-7 Gourmet Dinner Night [DR]</p> <p>7:00 Movie Night! [ALE]</p>	<p>10:00 Art Class with Cheryl [ICS] 22</p> <p>10:00 Working with Weights [IE]</p> <p>1:15 Documentary of the Week: Singapore [ALE]</p> <p>3:00 Bingo! [R]</p> <p>4:00 Vlog [R]</p> <p>7:00 Movie Night! [IE]</p>	<p>10:00 Chair Yoga with Susan [IE] 23</p> <p>11:00 Prototypes [R]</p> <p>12:30 Rockland's Sports Lounge [R]</p> <p>1:00 Brain Health University [ALE]</p> <p>2:00 Wine & Performing Arts at Rockland's: [R]</p> <p>3:45 Let's Get Acquainted [GR]</p>
		<p>9:00 Transportation for Church Services [L] 24</p> <p>9:30 Stretch & Strength with Carrie [ALE]</p> <p>10:30 Rosary & Devotions with Joyce [ER]</p> <p>11-11: Mexican Train Domino Game [L]</p> <p>1:00 Bingo! [ACS]</p> <p>1:30 Matinee Movie [ALE]</p> <p>3:30-4 Chair Chi with Cathy! [IE]</p> <p>3:45 Afternoon Card Club [ACS]</p> <p>4:30-7 Sunday Dinner Carving Station [DR]</p>	<p>9:30-1 Flow with Maria [ALE] 25</p> <p>10:30 Rummikub Club [L]</p> <p>1:30 Challenge Your Brain, Learn A Game! [L]</p> <p>2:00 Grace United Methodist Church Worship & Communion [ALE]</p> <p>2:00 Live Music Entertainment with Pianist, Yan Skladman [ER]</p> <p>3:15 Coffee Klatch [GR]</p> <p>4:15-5 Cooking with Carrie [ACS]</p> <p>7:30 Monday Night Movie [IE]</p>	<p>10:00 Sit and Be Fit with Cindy [ALE] 26</p> <p>10:30- Free Blood Pressure Checks! [Lib]</p> <p>10:30 Visit from Cook Library [Lib]</p> <p>11:00 Rummy 500 & Rummikub [L]</p> <p>1-2 One-on-One Technology Lesson with Paul (get your questions answered!) [ICS]</p> <p>1:15 Afternoon Concert [ALE]</p> <p>1:30 American Mahjong [R]</p> <p>2:00 Resident Town Hall Meeting [IE]</p> <p>2:45 Scrabble [ACS]</p> <p>4:00 Resident Group Chat: [GR]</p>	<p>11:00 Brain Health University [ALE] 27</p> <p>1:15 Bridge Group [R]</p> <p>1:30-2 Board Games [ACS]</p> <p>2-3 Knitwits Needle Art Club! [Lib]</p> <p>2:00 New Resident Orientation [ALE]</p> <p>2:30-3 Music and Movement with Caitlin [IE]</p> <p>3:00 Live Historical Presentation with Gary Midkiff [IE]</p> <p>4:00 Featured App of the Week: Camera and Video [ALE]</p>	<p>10:00 Brain Health University [ALE] 28</p> <p>10:30- Chair Yoga with Susan [IE]</p> <p>11:30 Lunch Bunch Outing: [L]</p> <p>1:30-2 Music Sing-a-Longs with Songs by Heart [ER]</p> <p>3:00 TED Talks & Discussion [R]</p> <p>3:15 Take the Challenge (Creative Writing Activity) [ACS]</p> <p>4:00 Poker! [R]</p> <p>5:30 Outing: Great Lakes USO No Dough Dinner [L]</p> <p>7:00 Movie Night! [ALE]</p>	<p>Happy VALENTINE'S</p>	