

calendar & activities OCT 2019		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div><div>🔦 Brain Health University</div><div>CONNECT</div><div>CONTRIBUTE</div><div>FEEL</div><div>GROW</div><div>MOVE</div><div>REFLECT</div></div><div><div>TRANSPORTATION SCHEDULE</div><div>Medical Transportation: Monday-Friday (8:30-3:30) Every Other Saturday (10-3:30) Outing Schedule: Tuesday Shopping (10:45) Thursday Lunch (11:30-1:30)</div><div>Every Other Sunday Religious Services Please note that all activities and events are subject to change.</div><div>Theme of the Month:  You're the APPLE of My Eye</div></div><div><div>Location Keys</div><div>AL Entertainment Room ALE</div><div>Assisted Living Creative Studio ACS</div><div>Dining Room DR</div><div>Great Room GR</div><div>IL Creative Studio ICS</div><div>IL Entertainment Room IE</div><div>Library Lib</div><div>Lobby L</div><div>MC Entertainment Room ER</div><div>Outside Patio OP</div><div>Rockland's R</div></div></div>		<div><div><div><div><div>🦇</div><div>HAPPY HALLOWEEN</div><div>🕸</div></div></div></div></div>		<div><div>9:45 🔦 Brain Health University [ACS] 1</div><div>10:00 ● Sit and Be Fit with Cindy [ER]</div><div>10:30- ● Free Blood Pressure Checks (Freedom Home Care) [Lib]</div><div>11:00 ● Rummikub [L]</div><div>12:00 ● Outing: Movie Theater - Downton Abbey [L]</div><div>1:30 ● American Mahjong [R]</div><div>3:15-3 ● Timeless Trivia [ACS]</div></div>	<div><div>10:00 ● Biblical Inquiry with Christ Church [ALE] 2</div><div>10:15 ● Propagating Indoor Garden Plants [ACS]</div><div>11:00 ● Harvard Medical School Newsletter [GR]</div><div>12:30- ● Shopping Outing: Aldi's (DAY &amp; TIME CHANGE) [L]</div><div>1:00 ● Walking for Wellness [GR]</div><div>1:15 ● Bridge Group [R]</div><div>2:00 ● Afternoon Concert: Chuck's Pick of the Month [ALE]</div><div>2-3 ● Knitwits Needle Art Club! [Lib]</div><div>3:15 ● Music and Movement with Caitlin (featuring Cardio Drumming!) [IE]</div><div>4:00 ● Be Inspired: True Short Stories of People Who Overcame Obstacles [ALE]</div><div>6:45 ● Mexican Train [L]</div></div>	<div><div>9:45 ● Chair Yoga with Susan (TIME &amp; LOCATION CHANGE TODAY) [ALE] 3</div><div>10:11- ● Second Annual Health Fair [IE]</div><div>11:00 ● Walking for Wellness (Walking Club) with Carrie [L]</div><div>11:30 ● Lunch Bunch Outing: Steven's Steakhouse, Gurnee [L]</div><div>1:30-2 ● Music Sing-a-Longs with Songs by Heart [ER]</div><div>2:00 ● You Be the Judge - with Judge Miller! [IE]</div><div>3:00 ● TED Talks &amp; Discussion (New Time) [ALE]</div><div>3:30 ● Poker! [R]</div><div>4:00 🔦 Brain Health University [ACS]</div><div>7:00 ● Movie Night! [ALE]</div><div>7:30 ● Rummikub Game [L]</div></div>	<div><div>9:30 ● Gardening Club Watering [ICS] 4</div><div>10:00 ● Working with Weights (Express Class) [IE]</div><div>11:00 ● Wise Wonderful Women of the Sheridan [ICS]</div><div>1:30 ● Documentary and Discussion [ALE]</div><div>3:00 ● Meet Your Neighbor Social [R]</div><div>4:00 ● Gardening Club Fall Planting Day! [ICS]</div><div>6:15 ● Laugh A Little: Tom Choice [ALE]</div><div>7:00 ● Movie Night! [IE]</div></div>	<div><div>9:15 ● Outing: Fall Morning Stroll at Independent Grove [L] 5</div><div>10:30 ● Chair Yoga with Susan [IE]</div><div>1:00 ● Cash Bingo! [R]</div><div>2:30 ● Rummikub at Rockland's [R]</div><div>3:00 ● Fun Fall Drinks Mixer [R]</div><div>4:00 ● Classic Celebrity Roast [ALE]</div><div>4:30 ● Scrabble [R]</div></div>
		<div><div>9:30 ● Walking for Wellness (Walking Club) with Carrie [L] 6</div><div>10:30 ● Rosary &amp; Devotions with Joyce [ER]</div><div>11-11: ● Mexican Train Domino Game [L]</div><div>1:15 ● Bingo! (TIME CHANGE) [ACS]</div><div>1:45 ● Live Presentation with Art Educator, Debra Levie [IE]</div><div>3:30-4 ● Chair Chi with Cathy! [IE]</div><div>4:00 ● Let's Talk About It: [GR]</div><div>4:30-7 ● Sunday Dinner Carving Station [DR]</div></div>	<div><div>9:30-1 ● Flow with Maria [ALE] 7</div><div>10:30 ● Rummikub [L]</div><div>11:00 ● Rummikub [L]</div><div>1:30 🔦 Brain Health University [ACS]</div><div>2:40 ● Walking Club [Lib]</div><div>3:15 ● Coffee Klatch [GR]</div><div>4:00 ● Get Creative with Carrie: Make Apple Pie Modeling Clay [ACS]</div><div>4:30-7 ● Pasta Night! [DR]</div><div>7:00 ● Monday Night Movie [ALE]</div></div>	<div><div>9:45 🔦 Brain Health University [ACS] 8</div><div>10:00 ● Sit and Be Fit with Cindy [ER]</div><div>10:30- ● Free Blood Pressure Checks (Freedom Home Care) [Lib]</div><div>10:30- ● Visit from Cook Library [Lib]</div><div>11:00 ● Rummikub [L]</div><div>1:00 ● Fall Wine Bottle Craft [ACS]</div><div>1:30 ● American Mahjong [R]</div><div>3:15-3 ● Timeless Trivia: Apple Harvest [ACS]</div><div>6:30 ● Fall Mixed Drink Taste Test [R]</div></div>	<div><div>Eggs-Traordinary Wednesday! (Breakfast All-Day) 9</div><div>9:30 ● Walking for Wellness [ACS]</div><div>10:00 ● Biblical Inquiry with Christ Church [ALE]</div><div>10:30 ● Propagating Indoor Garden Plants [ACS]</div><div>12:30 ● Outing: Citadel Theatre Presents - Peter &amp; the Starcatcher [L]</div><div>1:00 ● Bocce Ball [ALE]</div><div>1:15 ● Bridge Group [R]</div><div>2-3 ● Knitwits Needle Art Club! [Lib]</div><div>2:30 ● Performing Arts: Thalia's Pick of the Month [ALE]</div><div>3:15 ● Music and Movement with Caitlin (featuring Cardio Drumming!) [IE]</div><div>4:00 ● Vintage News Articles [GR]</div><div>6:45 ● Mexican Train [L]</div><div>7:00 ● Fall Painting Class with Maria [ICS]</div></div>	<div><div>10:30- ● Chair Yoga with Susan [IE] 10</div><div>11:00 ● Walking for Wellness (Walking Club) with Carrie [L]</div><div>11:30 ● Lunch Bunch Outing: Froggy's French Cafe [L]</div><div>1:30-2 ● Music Sing-a-Longs with Songs by Heart [ER]</div><div>2:00 ● Cooking Demo with Chef, Margo [ALE]</div><div>3:00 ● TED Talks &amp; Discussion (New Time) [ALE]</div><div>3:30 ● Poker! [R]</div><div>4:00 🔦 Brain Health University [ACS]</div><div>7:00 ● Movie Night! [ALE]</div><div>7:30 ● Rummikub Game [L]</div></div>	<div><div>9:30 ● Gardening Club Watering [ICS] 11</div><div>10:00 ● Art Class with Cheryl [ICS]</div><div>10:00 ● Working with Weights [IE]</div><div>11:00 ● Music Appreciation [ALE]</div><div>1:30 ● Documentary and Discussion [ALE]</div><div>3:00 ● Apple Cider &amp; Carmel Apple Happy Hour [R]</div><div>4:00 ● Hands on Learning Gardening Project [ICS]</div><div>6:15 ● Evening Entertainment: Julia's Choice [ALE]</div><div>7:00 ● Movie Night! [IE]</div></div>	<div><div>9:30 ● Colorful Creations [ACS] 12</div><div>10:30 ● Chair Yoga with Susan [IE]</div><div>10:45 ● Outing: Highwood Pumpkin Fest! [L]</div><div>11:00 ● Sudoku Brain Exercise [R]</div><div>1:00 ● Scrabble Word Game [L]</div><div>1:45 ● Reflect &amp; Discuss: The Story of Johnny Appleseed [GR]</div><div>2:30 ● Rummikub at Rockland's [R]</div><div>3-3:30 ● Iced Coffee on the Patio [OP]</div><div>4:00 ● Bingo! [R]</div></div>
		<div><div>9:00 ● Transportation for Church Services [L] 13</div><div>10:30 ● Rosary &amp; Devotions with Joyce [ER]</div><div>11:00 ● Ludicrous Laws &amp; Government Goofs [GR]</div><div>1:15 ● Bingo! (TIME CHANGE) [ACS]</div><div>1:30 ● Matinee Movie [ALE]</div><div>2:15 ● Special Musical Performance from the Lake Forest High School Chamber Group [IE]</div><div>3:30-4 ● Chair Chi with Cathy! [IE]</div><div>4:00 ● Let's Talk About It: [GR]</div><div>4:30-7 ● Sunday Dinner Carving Station [DR]</div></div>	<div><div>Columbus Day 14</div><div>9:30-1 ● Flow with Maria [ALE]</div><div>10:30 ● Rummikub [L]</div><div>11:00 ● Rummikub [L]</div><div>1-2 ● One-on-One Technology Lesson with Paul [ICS]</div><div>1:30 🔦 Brain Health University [ACS]</div><div>2:40 ● Walking Club [Lib]</div><div>3:15 ● Coffee Klatch [GR]</div><div>6:30 ● Pumpkin Decorating &amp; Painting [ICS]</div><div>7:00 ● Monday Night Movie [ALE]</div></div>	<div><div>9:45 🔦 Brain Health University [ACS] 15</div><div>10:00 ● Sit and Be Fit with Cindy [ER]</div><div>10:30- ● Free Blood Pressure Checks (Freedom Home Care) [Lib]</div><div>10:45 ● Shopping Outing: Target [L]</div><div>11:00 ● Rummikub [L]</div><div>1:30 ● American Mahjong [R]</div><div>3:00 ● Gary Midkiff Presents [IE]</div><div>3:15-3 ● Timeless Trivia [ACS]</div><div>4:00 ● Fall Movement: Apple Toss, Apple Bozo &amp; Juggling Apples [OP]</div><div>4:00 ● Living Well With Expert Guidance with Care Navigators [ICS]</div></div>	<div><div>10:00 ● Biblical Inquiry with Christ Church [ALE] 16</div><div>10:15 ● Propagating Indoor Garden Plants [ACS]</div><div>11:00 ● Harvard Medical School Newsletter [GR]</div><div>12:00 ● Outing: Oslo at Broadway Playhouse [L]</div><div>1:15 ● Bridge Group [R]</div><div>2:00 ● Food Forum Meeting [ACS]</div><div>2-3 ● Knitwits Needle Art Club! [Lib]</div><div>3:15 ● Music and Movement with Caitlin (featuring Cardio Drumming!) [IE]</div><div>4:00 ● Brews and Clues: Apple Trivia [R]</div><div>6:45 ● Mexican Train [L]</div></div>	<div><div>10-1 ● Free Hearing Screening with Audibel Hearing Aid Center [ICS] 17</div><div>10:30- ● Chair Yoga with Susan [IE]</div><div>11:00 ● Walking for Wellness (Walking Club) with Carrie [L]</div><div>11:30 ● Lunch Bunch Outing: Yummy Bowl Highland Park [L]</div><div>1:30-2 ● Music Sing-a-Longs with Songs by Heart [ER]</div><div>2:30 ● Library Book Discussion [Lib]</div><div>3:00 ● TED Talks &amp; Discussion (New Time) [ALE]</div><div>3:30 ● Poker! [R]</div><div>4:00 🔦 Brain Health University [ACS]</div><div>4:00 ● Harvard Medical School Newsletter [R]</div><div>6:45 ● Halloween Craft Night with Volunteers from Lake Forest College! [ICS]</div><div>7:00 ● Movie Night! [ALE]</div><div>7:30 ● Rummikub Game [L]</div></div>	<div><div>9:30 ● Gardening Club Watering [ICS] 18</div><div>10:00 ● Working with Weights [IE]</div><div>11:00 ● Wise Wonderful Women of the Sheridan [ICS]</div><div>1:30 ● Documentary and Discussion (New Location Today) [ACS]</div><div>3:00 ● Shabbat Service with Larry Zwirn [ALE]</div><div>3:30 ● Happy Hour &amp; Live Music with Bill Dunnam [R]</div><div>4:00 ● Hands on Learning Gardening Project [ICS]</div><div>7:00 ● Movie Night! [IE]</div></div>	<div><div>9:30 ● Colorful Creations [ACS] 19</div><div>10:30 ● Chair Yoga with Susan [IE]</div><div>1:00 ● Scrabble Word Game [L]</div><div>2:00 ● Art Class with Artist, Colleen [ICS]</div><div>2:30 ● Rummikub at Rockland's [R]</div><div>4:00 ● Sweetest Day Happy Hour at Rockland's [R]</div></div>
		<div><div>9:30 ● Walking for Wellness (Walking Club) with Carrie [L] 20</div><div>10:30 ● Rosary &amp; Devotions with Joyce [ER]</div><div>11-11: ● Mexican Train Domino Game [L]</div><div>1:15 ● Bingo! (TIME CHANGE) [ACS]</div><div>3:30-4 ● Chair Chi with Cathy! [IE]</div><div>4:00 ● Fact or Fiction: Superstitions &amp; Halloween Myths [GR]</div><div>4:30-7 ● Sunday Dinner Carving Station [DR]</div></div>	<div><div>9:30-1 ● Flow with Maria [ALE] 21</div><div>10:30 ● Rummikub [L]</div><div>11:00 ● Rummikub [L]</div><div>1:30 🔦 Brain Health University [ACS]</div><div>2:40 ● Walking Club [Lib]</div><div>3:15 ● Coffee Klatch [GR]</div><div>4:00 ● Fact or Fiction: Superstitions [GR]</div><div>6:00 ● Baking Class: Crock-Pot Applesauce [ACS]</div><div>7:00 ● Monday Night Movie [ALE]</div></div>	<div><div>9:45 🔦 Brain Health University [ACS] 22</div><div>10:00 ● Sit and Be Fit with Cindy [ER]</div><div>10:30- ● Free Blood Pressure Checks (Freedom Home Care) [Lib]</div><div>10:30- ● Visit from Cook Library [Lib]</div><div>11:00 ● Rummikub [L]</div><div>1:00 ● Performing Arts: Tom and Marie Rose Pick of the Month [ALE]</div><div>1:30 ● American Mahjong [R]</div><div>3:00 ● Presentation with Audiologist, Dr. Halvorson: Cancer &amp; Hearing (Breast Cancer Month) [IE]</div><div>3:15-3 ● Timeless Trivia [ACS]</div><div>4:00 ● Crafts with Melissa [ACS]</div><div>6:30 ● Fall Mixed Drink Taste Test [R]</div></div>	<div><div>10:00 ● Propagating Indoor Garden Plants (New Time Today!) [ACS] 23</div><div>11:00 ● Harvard Medical School Newsletter [GR]</div><div>12:30 ● Outing: Didier Farms [L]</div><div>1:00 ● Bocce Ball [ALE]</div><div>1:15 ● Bridge Group [R]</div><div>2-3 ● Knitwits Needle Art Club! [Lib]</div><div>2:30 ● Performing Arts: Tom and Marie Rose Pick of the Month [ALE]</div><div>3:15 ● Music and Movement with Caitlin (featuring Cardio Drumming!) [IE]</div><div>4:00 ● Chicken Soup for the Soul [GR]</div><div>6:45 ● Mexican Train [L]</div></div>	<div><div>10:30- ● Chair Yoga with Susan [IE] 24</div><div>11:00 ● Stretch &amp; Strength with Carrie (Location Change) [ACS]</div><div>11:00 ● Walking for Wellness (Walking Club) with Carrie [L]</div><div>11:30 ● Lunch Bunch Outing: Lucky Fish Highland [L]</div><div>1:30-2 ● Music Sing-a-Longs with Songs by Heart [ER]</div><div>2:00 ● You Be the Judge with Judge Miller! [IE]</div><div>3:00 ● TED Talks &amp; Discussion (New Time) [ALE]</div><div>3:30 ● Poker! [R]</div><div>4:00 🔦 Brain Health University [ACS]</div><div>7:00 ● Movie Night! [ALE]</div><div>7:30 ● Rummikub Game [L]</div></div>	<div><div>9:30 ● Gardening Club Watering [ICS] 25</div><div>10:00 ● Art Class with Cheryl [ICS]</div><div>10:00 ● Working with Weights [IE]</div><div>10:30- ● Silverware &amp; Dishes Amnesty Day!</div><div>11:00 ● Music Appreciation [ALE]</div><div>1:15-2 ● Silverware &amp; Dishes Amnesty Day! (Part 2)</div><div>1:30 ● Documentary and Discussion [ALE]</div><div>2:00 ● Grace United Methodist Church Worship &amp; Communion [ALE]</div><div>2:45 ● Bingo Store [ICS]</div><div>3:00 ● Happy Hour! [R]</div><div>4:00 ● Hands on Learning Gardening Project [ICS]</div><div>7:00 ● Movie Night! [IE]</div></div>	<div><div>9:30 ● Colorful Creations [ACS] 26</div><div>10:30 ● Chair Yoga with Susan [IE]</div><div>11:00 ● Sudoku Brain Exercise [R]</div><div>1:00 ● Scrabble Word Game [L]</div><div>1:45 ● Chicken Soup for the Soul - Short Story &amp; Discussion [GR]</div><div>2:30 ● Rummikub at Rockland's [R]</div><div>3-3:30 ● Iced Coffee on the Patio [OP]</div><div>4:00 ● Bingo! [R]</div></div>
		<div><div>9:00 ● Transportation for Church Services [L] 27</div><div>10:30 ● Rosary &amp; Devotions with Joyce [ER]</div><div>11:00 ● Ludicrous Laws &amp; Government Goofs [GR]</div><div>1:15 ● Bingo! (TIME CHANGE) [ACS]</div><div>1:30 ● Matinee Movie [ALE]</div><div>3:30-4 ● Chair Chi with Cathy! [IE]</div><div>4:00 ● Let's Talk About It: [GR]</div><div>4:30-7 ● Sunday Dinner Carving Station [DR]</div></div>	<div><div>9:30-1 ● Flow with Maria [ALE] 28</div><div>10:30 ● Rummikub [L]</div><div>11:00 ● Rummikub [L]</div><div>1-2 ● One-on-One Technology Lesson with Paul [ICS]</div><div>2:40 ● Walking Club [Lib]</div><div>3:15 ● Live Music Performance with Pianist, Yan Skladman [IE]</div><div>4:00 ● Coffee Klatch (TIME CHANGE) [GR]</div><div>6:15 ● Volunteer: Make Apple Cinnamon Dog Treats [ACS]</div><div>7:00 ● Monday Night Movie [ALE]</div></div>	<div><div>10:00 ● Sit and Be Fit with Cindy [ER] 29</div><div>10:30- ● Free Blood Pressure Checks (Freedom Home Care) [Lib]</div><div>10:45 ● Shopping Outing: Walmart [L]</div><div>11:00 ● Rummikub [L]</div><div>1:30 ● American Mahjong [R]</div><div>1:30 ● Resident Town Hall Meeting [IE]</div><div>3:15-3 ● Timeless Trivia: Famous Witches, Superstitions and Halloween Traditions [ACS]</div><div>3:30 ● Poker! (NEW DAY THIS WEEK) [R]</div></div>	<div><div>9:30 ● Outing: River's Casino! [L] 30</div><div>10:15 ● Propagating Indoor Garden Plants [ACS]</div><div>11:00 ● Harvard Medical School Newsletter [GR]</div><div>1:00 ● Star of the Month [ACS]</div><div>1:15 ● Bridge Group [R]</div><div>1:45 ● Afternoon Concert: Staff Pick (Location Change Today) [ACS]</div><div>2-3 ● Knitwits Needle Art Club! [Lib]</div><div>2:00 ● New Resident Orientation [ALE]</div><div>3:15 ● Music and Movement with Caitlin (featuring Cardio Drumming!) [IE]</div><div>4:00 ● Be Inspired: True Short Stories of People Who Overcame Obstacles [ALE]</div><div>7:00 ● Evening BINGO! [R]</div></div>	<div><div>Halloween 31</div><div>10:30- ● Chair Yoga with Susan [IE]</div><div>11:00 ● Walking for Wellness (Walking Club) with Carrie [L]</div><div>11:30 ● Lunch Bunch Outing: Market House Lake Forest [L]</div><div>1:30-2 ● Music Sing-a-Longs with Songs by Heart [ER]</div><div>2:30 ● HALLOWEEN PARTY! [R]</div><div>4:00 🔦 Brain Health University [ACS]</div><div>7:00 ● Movie Night! [ALE]</div><div>7:30 ● Rummikub Game [L]</div></div>	<div><div>hello FALL</div></div>	