

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Theme of the Month:**

**Reflect**

**TRANSPORTATION  
SCHEDULE**

**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)

Other Weekly Outings

(See Calendar)

*Every Other* Sunday Religious Services

*Please note that all activities  
and events are subject to  
change. Thank you!*

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

**Location Keys**

AL Entertainment Room  
Assisted Living Creative Studio  
Dining Room  
Great Room  
IL Be Fit Studio  
IL Creative Studio  
IL Entertainment Room  
Library  
Lobby  
MC Entertainment Room  
Rockland's

ALE  
ACS  
DR  
GR  
I Fit  
ICS  
IE  
Lib  
L  
ER  
R



**Super Bowl Sunday** 3  
9-12 ● *Transportation for Church Services [L]*  
11:00 ● Ludicrous Laws and Government Goofs [GR]  
2-3 ● *Live Presentation with Art Educator, Debra Levie [IE]*  
2:00 ● Sunday Walking Club [Lib]  
3:30-4 ● *Chair Chi with Cathy! [IE]*  
4:00 ● Canasta Card Game [R]  
4:30-7 ● *Sunday Dinner Carving Station [DR]*  
5:30 ● Super Bowl Game [R]

10:00 ● *Brain Health University [IE]* 4  
11:00 ● *Get Fit with Carrie [IE]*  
11:30-1:30 ● Guided Meditation [ICS]  
1:30 ● Hand and Foot Card Game [R]  
3:00 ● *Live Entertainment with Singer/Guitarist, Craig Siemsen! [ALE]*  
4:30-7 ● *Pasta Night! [DR]*  
7:30 ● *Monday Night Movie [IE]*

10:30-11:30 ● *Free Blood Pressure Checks! [Lib]* 5  
10:45 ● *Shopping Outing: Target [L]*  
11-11:11 ● *Fitness with Cindy! [IE]*  
11:30-1:30 ● Guided Meditation [ICS]  
1:30 ● *Afternoon Concert: Richard Rodgers Centennial Gala part 1 [ALE]*  
1:30 ● American Mahjong [R]  
2:30 ● *Philosophically Speaking [ICS]*  
4-5 ● Gin Rummy Card Game [R]  
4-5 ● *Onsite Banking! [R]*

10:00 ● *Bible Study with Christ Church- Topic: Playing the Part That God Has Given You [ALE]* 6  
10:00 ● Introduction to Be Fit Equipment [Fit]  
1:15 ● Bridge Group [R]  
1:30 ● *Brain Health University [IE]*  
2-3 ● *Knitwits Needle Art Club! [Lib]*  
2:30-3 ● *Music and Movement with Caitlin [IE]*  
2:45 ● *Outing: Pizza & Bowling at Brunswick Bowling Alley [L]*  
4-5 ● Brews and Clues [R]

10:30-11:15 ● *Chair Yoga with Susan [IE]* 7  
11:15 ● Guided Meditation [ICS]  
11:30 ● *Lunch Bunch Outing: [L]*  
1:30-2 ● *Sing-a-Longs with Music Therapy Group, Songs by Heart [ER]*  
3:00 ● TED Talks & Discussion [ICS]  
4:00 ● *Poker! [R]*  
7:00 ● *NEW! Coffee Clutch [Lib]*

10-12 ● *Art Class with Cheryl [ICS]* 8  
10:00 ● Working with Weights [IE]  
1:30 ● *Brain Health University [ICS]*  
3:00 ● Bingo! [ICS]  
4:00 ● Fact or Fiction [GR]  
7:00 ● *Movie Night! [IE]*

**Groundhog Day** 2  
10:00 ● *Chair Yoga with Susan [IE]*  
11:00 ● *Be Inspired: The gifts and qualities within ourselves. [ALE]*  
12:00 ● Rockland's Sports Lounge [R]  
2:00 ● *Wine & Performing Arts at Rockland's: Ann starring Holland Taylor [R]*  
3:30 ● Let's Get Acquainted [GR]  
4:30-7 ● *International Cuisine: Chinese New Year [DR]*

9-12 ● *Transportation for Church Services [L]* 10  
1:00 ● Bingo! [ACS]  
1:30 ● Matinee Movie [ALE]  
3:30-4 ● *Chair Chi with Cathy! [IE]*  
4:00 ● Canasta Card Game [R]  
4:30-7 ● *Sunday Dinner Carving Station [DR]*  
7:00 ● Rockland's Sports Lounge [R]

10:00 ● *Brain Health University [IE]* 11  
11:00 ● *Get Fit with Carrie [IE]*  
11:30-1:30 ● Guided Meditation [ICS]  
1:30 ● Hand and Foot Card Game [R]  
3:30 ● *Judge & Jury (with Judge Miller) [IE]*  
7:30 ● *Monday Night Movie [IE]*

10:30-11:30 ● *Free Blood Pressure Checks! [Lib]* 12  
10:30 ● *Visit from Cook Library [Lib]*  
11-11:11 ● *Fitness with Cindy! [IE]*  
11:30-1:2 ● Guided Meditation [ICS]  
1-2 ● One-on-One Technology Lesson with Paul (get your questions answered!) [ICS]  
1:15 ● *Afternoon Concert: Richard Rodgers Centennial Gala part 2 [ALE]*  
1:30 ● American Mahjong [R]  
3:00 ● *Martina Mathisen Presents: Meet Marie Antoinette [IE]*  
4-5 ● Gin Rummy Card Game [R]  
4-5 ● *Onsite Banking! [R]*

**Eggs-Traordinary Wednesday (Breakfast All-Day)** 13  
10:00 ● *Bible Study with Christ Church- Topic: Has God Treated You Fairly? [ALE]*  
1:15 ● Bridge Group [R]  
1:30 ● *Brain Health University [IE]*  
2-3 ● *Knitwits Needle Art Club! [Lib]*  
2:30-3 ● *Music and Movement with Caitlin [IE]*  
4-5 ● Brews and Clues [R]

**Valentine's Day** 14  
10:30-11:15 ● *Chair Yoga with Susan [IE]*  
11:15 ● Guided Meditation [ICS]  
11:30 ● *Lunch Bunch Outing: [L]*  
1:30-2 ● *Sing-a-Longs with Music Therapy Group, Songs by Heart [ER]*  
3:00 ● TED Talks & Discussion [ICS]  
4:00 ● *Poker! [R]*  
7:00 ● *Live Valentine's Day Entertainment with Violinist, Mihai Vlad! [IE]*

10:00 ● Working with Weights [IE] 15  
12:45 ● *Outing: Shen Yun Performing Arts at Rosemont Theatre [L]*  
1:30 ● *Brain Health University [ICS]*  
3:00 ● Bingo! [R]  
4:00 ● Making Sensory Tubes for our Memory Care Residents [ICS]  
7:00 ● *Movie Night! [IE]*

10:00 ● *Chair Yoga with Susan [IE]* 16  
12:00 ● Rockland's Sports Lounge [R]  
2-4 ● *Painting Class with Artist, Colleen! [ICS]*  
3:45 ● Let's Get Acquainted [GR]  
4:00 ● Today's News [R]

9-12 ● *Transportation for Church Services [L]* 17  
11:00 ● Ludicrous Laws and Government Goofs [GR]  
2:00 ● Sunday Walking Club [Lib]  
3:30-4 ● *Chair Chi with Cathy! [IE]*  
4:00 ● Canasta Card Game [R]  
4:30-7 ● *Sunday Dinner Carving Station [DR]*  
7:00 ● Rockland's Sports Lounge [R]

**Presidents' Day** 18  
10:00 ● *Brain Health University [IE]*  
11:00 ● *Get Fit with Carrie [IE]*  
11:30-1:30 ● Guided Meditation [ICS]  
1:30 ● Hand and Foot Card Game [R]  
7:30 ● *Monday Night Movie [IE]*

10:30-11:30 ● *Free Blood Pressure Checks! [Lib]* 19  
10:45 ● *Shopping Outing: Target [L]*  
11-11:11 ● *Fitness with Cindy! [IE]*  
11:30-1:2 ● Guided Meditation [ICS]  
1-2 ● One-on-One Technology Lesson with Paul (get your questions answered!) [ICS]  
1:15 ● *Afternoon Concert [ALE]*  
1:30 ● American Mahjong [R]  
3:00 ● *Presentation with Dr. Lori Halvorson, Audiologist: The Heart & Hearing [IE]*  
4-5 ● Gin Rummy Card Game [R]  
4-5 ● *Onsite Banking! [R]*

10:00 ● *Communion Service & Bible Study with Christ Church of Lake Forest [ALE]* 20  
12:30 ● *Outing: Skokie Holocaust Museum [L]*  
1:15 ● Bridge Group [R]  
1:30 ● *Brain Health University: Meditation Garden [IE]*  
2-3 ● *Knitwits Needle Art Club! [Lib]*  
2:30-3 ● *Music and Movement with Caitlin [IE]*  
4-5 ● Brews and Clues [R]

10:30-11:15 ● *Chair Yoga with Susan [IE]* 21  
11:15 ● Guided Meditation [ICS]  
11:30 ● *Lunch Bunch Outing: [L]*  
1:30-2 ● *Sing-a-Longs with Music Therapy Group, Songs by Heart [ER]*  
2:00 ● Dining Committee Meeting (LOCATION CHANGE) [ACS]  
3:00 ● TED Talks & Discussion [ICS]  
4:00 ● *Poker! [R]*  
4:30-7 ● *Gourmet Dinner Night [DR]*  
7:00 ● *NEW! Coffee Clutch [Lib]*

10:00 ● *Art Class with Cheryl [ICS]* 22  
10:00 ● Working with Weights [IE]  
1:30 ● *Brain Health University [ICS]*  
3-3:30 ● Bingo Store [ICS]  
3:00 ● Bingo! [R]  
4:00 ● Vlog [R]  
7:00 ● *Movie Night! [IE]*

10:00 ● *Chair Yoga with Susan [IE]* 23  
11:00 ● Prototypes [R]  
12:00 ● Rockland's Sports Lounge [R]  
2:00 ● *Wine & Performing Arts at Rockland's: [R]*  
3:45 ● Let's Get Acquainted [GR]

9-12 ● *Transportation for Church Services [L]* 24  
1:00 ● Bingo! [ACS]  
1:30 ● Matinee Movie [ALE]  
3:30-4 ● *Chair Chi with Cathy! [IE]*  
4:00 ● Canasta Card Game [R]  
4:30-7 ● *Sunday Dinner Carving Station [DR]*  
7:00 ● Rockland's Sports Lounge [R]

10:00 ● *Brain Health University [IE]* 25  
11:00 ● *Get Fit with Carrie [IE]*  
11:30-1:30 ● Guided Meditation [ICS]  
1:30 ● Hand and Foot Card Game [R]  
2:00 ● *Grace United Methodist Church Worship & Communion [ALE]*  
3:30 ● *Judge & Jury (with Judge Miller) [IE]*  
7:30 ● *Monday Night Movie [IE]*

2:30-10:30 ● *Free Blood Pressure Checks! [Lib]* 26  
10:30-11:30 ● *Visit from Cook Library [Lib]*  
11-11:11 ● *Fitness with Cindy! [IE]*  
11:30-1:2 ● Guided Meditation [ICS]  
1-2 ● One-on-One Technology Lesson with Paul (get your questions answered!) [ICS]  
1:15 ● *Afternoon Concert [ALE]*  
1:30 ● American Mahjong [R]  
2:00 ● *Resident Town Hall Meeting [IE]*  
4-5 ● Gin Rummy Card Game [R]  
4-5 ● *Onsite Banking! [R]*

9:30-1:15 ● *Outing: River's Casino [L]* 27  
1:15 ● Bridge Group [R]  
1:30 ● *Brain Health University [IE]*  
2-3 ● *Knitwits Needle Art Club! [Lib]*  
2:00 ● *New Resident Orientation [ALE]*  
2:30-3 ● *Music and Movement with Caitlin [IE]*  
3:00 ● *Live Historical Presentation with Gary Midkiff [IE]*  
4-5 ● Brews and Clues [R]

10:30-11:15 ● *Chair Yoga with Susan [IE]* 28  
11:15 ● Guided Meditation [ICS]  
11:30 ● *Lunch Bunch Outing: [L]*  
1:30-2 ● *Sing-a-Longs with Music Therapy Group, Songs by Heart [ER]*  
3:00 ● TED Talks & Discussion [ICS]  
4:00 ● *Poker! [R]*  
5:30 ● *Outing: Great Lakes USO No Dough Dinner [L]*  
7:00 ● *NEW! Coffee Clutch [Lib]*

