

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

TRANSPORTATION
SCHEDULE

Medical Transportation:

Monday-Friday (8:30-3:30)

Every Saturday (10-3:30)

Outing Schedule:

Shopping- Saturdays (10:45)

Thursday Lunch (11:30-1:30)

Sunday Religious Services

Please note that all activities and events are subject to change.

Theme of the Month:

Dancing Through
the Decades

Location Keys

AL Entertainment Room ALE
Assisted Living Creative Studio ACS
Dining Room DR
Great Room GR
IL Be Fit Studio I Fit
IL Creative Studio ICS
IL Entertainment Room IE
Library Lib
Lobby L
MC Entertainment Room ER
Rockland's R

9:30 ● Coffee Conversations with Carrie [Lib] 1	10:00 ● Get Fit with Carrie [IE] 2	10:00 ● NEW TIME: Free Blood Pressure Checks (Freedom Home Care) [Lib] 3	10:00 ● Biblical Inquiry with Christ Church: Giving Thanks, Psalm 100 [ALE] 4	10:30-11:15 ● Chair Yoga with Bette [IE] 5	10:00 ● Working with Weights [IE] 6	9:45 ● Sudoku Brain Exercise (Time Change) [R] 7
11:00 ● Rummikub [L]	10:30 ● Guided Meditation [IE]	10:30-11:00 ● Visit from Cook Library [Lib]	11:00 ● NEW! Standing Stretch & Strength with Carrie [IE]	11:15 ● Guided Meditation [IE]	11:00 ● Wise Wonderful Wonder Women [ICS]	10:00 ● Special Holiday Dance Performance by Lake Forest Dance Academy [ALE]
1:00 ● Matinee Movie: E.T. [ALE]	10:30 ● Rummikub [L]	11:00 ● NEW DATE & TIME: Music and Movement with Caitlin (featuring Cardio Drumming!) [IE]	12:30 ● Outing: Citadel Theatre Presents - Annie [L]	1:30-2 ● Sing-a-Longs with Music Therapy Group, Songs by Heart [ER]	2:00 ● Winter Music Performance with Singing Group, Laurel Larks! [IE]	10:30 ● No Chair Yoga Today
1:15 ● BINGO! [ACS]	1:30 ● Hand and Foot Card Game [R]	11:30-1:00 ● Guided Meditation [ICS]	1:15 ● Bridge Group [R]	2:00 ● Judge & Jury (with Judge Miller) [IE]	2:45 ● Bingo Store [ICS]	1:00 ● Games! Games! Games! [R]
3:30-4 ● Chair Chi with Cathy! [IE]	3:30 ● NEW! Travel Trivia with Maria [R]	1:00 ● Carole & Chips Pop-Up Shop! [Lib]	1:45 ● Afternoon Concert: Diana Krall Live in Paris [IE]	3:00 ● TED Talks & Discussion [ICS]	3:00 ● Hot Chocolate Happy Hour [R]	1:30 ● Fitness with Maria [IE]
4:00 ● The Sunday Chronicle [R]	4:30-7 ● Pasta Night! [DR]	1:30 ● American Mahjong [R]	2:30 ● TIME CHANGE: Knitwits Needle Art Club! [Lib]	3:45 ● Afternoon Concert: The Judy Garland Show [IE]	4:00 ● Winter Craft Series: Snowman Decoration [ICS]	2:30 ● Rummikub at Rockland's [R]
4:30-7 ● Sunday Dinner Carving Station [DR]	7:30 ● Monday Night Movie: Persuasion [IE]	7:30 ● Rummikub Game [Lib]	4-5 ● Brews and Clues [R]	6:45 ● Winter Craft Night with Volunteers from Lake Forest College! [ACS]	7:00 ● Movie Night! Hell or High Water [IE]	3-3:30 ● Hot Chocolate at Rockland's [R]
				7:00 ● Movie Night! Scent of a Woman [ALE]		4:00 ● Bingo! [R]
				7:30 ● Rummikub Game [Lib]		
9-12 ● Transportation for Church Services [L] 8	10:00 ● Jingle Bell Exercise Class with Carrie [IE] 9	10:00 ● NEW TIME: Free Blood Pressure Checks (Freedom Home Care) [Lib] 10	Eggs-Traordinary Wednesday (Breakfast All-Day) 11	10:30-11:15 ● Chair Yoga with Susan [IE] 12	10-12 ● Art Class with Cheryl [ICS] 13	10:30 ● Chair Yoga with Susan [IE] 14
11:00 ● Laughter is the Best Medicine [GR]	10:30 ● Guided Meditation [IE]	10:30-11:00 ● Onsite Banking! [Lib]	10:00 ● Biblical Inquiry with Christ Church: The Advent Season [ALE]	11:15 ● (TIME CHANGE) Lunch Bunch Outing: House of Gerhard, Kenosha [L]	10:00 ● Working with Weights [IE]	11:30-12:00 ● Outing and Lunch: Cuneo Mansion and Panera Bread [L]
1:15 ● BINGO! [ACS]	10:30 ● Rummikub [L]	11:00 ● NEW DATE & TIME: Music and Movement with Caitlin (featuring Cardio Drumming!) [IE]	10:30 ● Introduction to Be Fit Equipment [I Fit]	1:30-2 ● Sing-a-Longs with Music Therapy Group, Songs by Heart [ER]	1:45 ● Documentary: History Channel- The Real Story of Christmas-Full Documentary [R]	2:00 ● Painting Class with Artist, Colleen! [ICS]
2-4 ● HOLIDAY PARTY!	10:45 ● Shopping Outing: Vernon Hills Stores (TJ Maxx, Pier One, Ross) [L]	11:30-1:00 ● Guided Meditation [ICS]	11:00 ● NEW! Standing Stretch & Strength with Carrie [IE]	2:30 ● (TIME CHANGE) TED Talks & Discussion [ICS]	2:00 ● NEW! Bingo Store [R]	2:30 ● Rummikub at Rockland's [R]
3:30-4 ● Chair Chi with Cathy! [IE]	1-2 ● One-on-One Technology Lesson with Paul [ICS]	1:30 ● American Mahjong [R]	1:15 ● Bridge Group [R]	3:30 ● Live Music Performance with Jazz Spectrum	3:00 ● Meet Your Neighbor Social [R]	2:45 ● Sip & Play Holiday Games [R]
4:30-7 ● Sunday Dinner Carving Station [DR]	1:30 ● Hand and Foot Card Game [R]	2:00 ● (TIME CHANGE) Visit from Audiologist, Dr. Lori Halvorson [ICS]	1:45 ● Afternoon Concert Recording [IE]	7:00 ● Movie Night! The Santa Clause [ALE]	4:00 ● (LOCATION CHANGE) Winter Craft Series: Christmas Gnomes [ACS]	3-4:5 ● Radio City Rockettes Christmas Spectacular [R]
	2:30 ● Men's Club! [R]	2:00 ● Chef Cooking Demonstration [ACS]	2:30 ● TIME CHANGE: Knitwits Needle Art Club! [Lib]	7:30 ● Rummikub Game [Lib]		
	3:30 ● NEW! Travel Trivia with Maria [R]	3:00 ● CANCELLED- Fall Prevention Presentation with Northwestern Medicine OT/PT [IE]	4-5 ● Brews and Clues [R]			
	7:30 ● Monday Night Movie [IE]	4:00 ● Back in the Day [R]	4:00-6 ● Outing: Botanic Gardens After Dark Light Show [L]			
		7:30 ● Rummikub Game [Lib]				