

- 💡 Brain Health University
- CONNECT
 - CONTRIBUTE
 - FEEL
 - GROW
 - MOVE
 - 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)

Every Other Sunday Religious Services
Please note that all activities and events are subject to change.

Theme of the Month:

Contribute

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
Outside Patio
Rockland's

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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



thankful
AND
grateful

Daylight Saving Time Begins
9:30 Coffee Conversations with Carrie [Lib]
11:00 Rummikub [L]
1:00 Matinee Movie (NEW TIME!) [ALE]
1:45 Live Presentation with Art Educator, Debra Levie [IE]
3:30-4 Chair Chi with Cathy! [IE]
4:00 NEW! The Sunday Chronicle [R]
4:30-7 Sunday Dinner Carving Station [DR]

10:00 Get Fit with Carrie [IE]
10:30 Guided Meditation [IE]
10:30 Rummikub [L]
10:45 Create Thankful Needlepoint Napkins [ICS]
1:30 Hand and Foot Card Game [R]
3:30 Brain Health University Graduation & Celebration! [IE]
4:30-7 Pasta Night! [DR]
7:00 Making (and tasting) Fall Sangria [R]
7:30 Monday Night Movie [IE]

Election Day
10:30 Free Blood Pressure Checks (Freedom Home Care) [Lib]
10:30 Visit from Cook Library [Lib]
11-11 Fitness with Cindy! [IE]
11:30 Guided Meditation [ICS]
1:30 American Mahjong [R]
2:30 Music Appreciation: Jazz Greats [IE]
3:30 Birthday Bash! [R]
4:30 Exceptional Photography and News from the 1840's [R]
7:30 Rummikub Game [Lib]

10:00 Biblical Inquiry with Christ Church [ALE]
12:45 Outing: Kenosha Civil War Museum [L]
1:15 Bridge Group [R]
1:30 Afternoon Concert: Chuck's Pick of the Month: Louis Armstrong [ALE]
2-3 Knitwits Needle Art Club! [Lib]
2:00 Visit from Therapy Dog, Cosmo! [L]
3:15 Music and Movement with Caitlin (featuring Cardio Drumming!) [IE]
4-5 Brews and Clues [R]
7:00 NEW! Name That Tune [R]

10:30 Chair Yoga with Susan [IE]
11:15 Guided Meditation [ICS]
11:30 Lunch Bunch Outing: Maggiano's Little Italy [L]
1:30-2 Sing-a-Longs with Music Therapy Group, Songs by Heart [ER]
2:00 Judge & Jury (with Judge Miller) [IE]
3:00 TED Talks & Discussion: Nature, Beauty & Gratitude [ICS]
3:30 Poker! [R]
4:00 History of Lyric Opera [Lib]
7:00 Movie Night! [ALE]
7:30 Rummikub Game [Lib]

10-12 Art Class with Cheryl [ICS]
10:00 Working with Weights [IE]
1:45 Documentary Film [IE]
3:00 Meet Your Neighbor Social [R]
4:00 Yahtzee Dice Game [ICS]
7:00 Movie Night! [IE]

10:30 Chair Yoga with Susan [IE]
11:00 Sudoku Brain Exercise [R]
1:30 Yahtzee Dice Game [R]
2:00 Painting Class with Artist, Colleen! [ICS]
2:30 Rummikub at Rockland's [R]
3-3:30 Apple Cider at Rockland's [OP]
4:00 Bingo! [R]

9-12 Transportation for Church Services [L]
11:00 Ludicrous Laws and Government Goofs [GR]
1:15 BINGO! [ACS]
2:15 Special Musical Performance from the Lake Forest High School Chamber Group [IE]
3:30-4 Chair Chi with Cathy! [IE]
4:30-7 Sunday Dinner Carving Station [DR]

Veterans Day
10:00 Get Fit with Carrie [IE]
10:30 Guided Meditation [IE]
10:30 Rummikub [L]
1-2 One-on-One Technology Lesson with Paul [ICS]
1:30 Hand and Foot Card Game [R]
3:15 Veteran's Day Happy Hour & Live Music with Yan Skladman [R]
7:30 Monday Night Movie [IE]

8:00 Outing: Lyric Opera Insider - Don Giovanni [L]
10:30 Free Blood Pressure Checks (Freedom Home Care) [Lib]
10:45 Shopping Outing: Target [L]
11-11 Fitness with Cindy! [IE]
11:30 Guided Meditation [ICS]
1:30 American Mahjong [R]
3:00 Visit from Dr. Halvorson, Audiologist [ICS]
4:00 NEW! Back in the Day [R]
7:30 Rummikub Game [Lib]

Eggs-Traordinary Wednesday (Breakfast All-Day)
10:00 Biblical Inquiry with Christ Church [ALE]
11:15 Shopping Outing: Hawthorne Mall [L]
1:15 Bridge Group [R]
1:30 Performing Arts: Thalia's Pick of the Month: W. A. Mozart: Symphony n° 41 "Jupiter" - Lorin Maazel - Sinfónica de Galicia [ALE]
2-3 Knitwits Needle Art Club! [Lib]
3:15 Music and Movement with Caitlin (featuring Cardio Drumming!) [IE]
4-5 Brews and Clues [R]
7:00 NEW! Lessons Learned in Life [R]

10:30 Chair Yoga with Susan [IE]
11:15 Guided Meditation [ICS]
11:30 Lunch Bunch Outing: Red Lobster [L]
1:30-2 Sing-a-Longs with Music Therapy Group, Songs by Heart [ER]
2:00 Cooking Demo with Chef, Margo [R]
3:00 TED Talks & Discussion [ICS]
3:30 Poker! [R]
4:00 Fall Painting Class with Maria [ICS]
7:00 Movie Night! [ALE]
7:30 Rummikub Game [Lib]

10:00 Working with Weights [IE]
11:00 Wise Wonderful Women of the Sheridan [ICS]
1:45 Activity & Outings Committee Meeting [ICS]
2:45 History of Lake Bluff Discussion [Lib]
3:00 Shabbat Service with Larry Zwiirn [ALE]
4:00 Hands on Indoor Gardening Project With Melissa [ICS]
7:00 Movie Night! [IE]

10:30 Chair Yoga with Susan [IE]
11:00 Health and Wellness Tip of the Week [R]
2:30 Rummikub [Lib]
3-3:30 Brain Teaser Mixer at Rocklands! [R]
4:00 Resident Choice Classic Comedy [R]

9:30 Coffee Conversations with Carrie [Lib]
11:00 Rummikub [L]
1:00 Matinee Movie (NEW TIME!) [ALE]
1:15 BINGO! [ACS]
2:30 Blessing Mix
3:30-4 Chair Chi with Cathy! [IE]
4:30-7 Sunday Dinner Carving Station [DR]

10:00 Get Fit with Carrie [IE]
10:30 Guided Meditation [IE]
10:30 Rummikub [L]
1:30 Hand and Foot Card Game [R]
3:30 Judge & Jury (with Judge Miller) [IE]
7:30 Monday Night Movie [IE]

10:30 Free Blood Pressure Checks (Freedom Home Care) [Lib]
10:30 Visit from Cook Library [Lib]
11-11 Fitness with Cindy! [IE]
11:30 Guided Meditation [ICS]
1-4 Kindness Chains Travelling Boutique
1:30 American Mahjong [R]
3:00 Gary Midkiff Presents [IE]
4:00 Living Well With Expert Guidance with Care Navigators [ICS]
7:30 Rummikub Game [Lib]

10:00 Communion & Bible Study with Christ Church of Lake Forest [ALE]
10:00 Visit from Therapy Dog, Cosmo! [L]
10:45 Shopping Outing: Target [L]
1:15 Bridge Group [R]
2:00 Food Forum Meeting [ACS]
2-3 Knitwits Needle Art Club! [Lib]
3:15 Line Dancing Class with Caitlin & Schyler [IE]
4-5 Brews and Clues [R]
7:00 Evening BINGO! [R]

10:30 Chair Yoga with Susan [IE]
11:15 Guided Meditation [ICS]
11:30 Thankful Thursday Luncheon [DR]
1:30-2 Sing-a-Longs with Music Therapy Group, Songs by Heart [ER]
2:30 Library Book Discussion [Lib]
3:00 TED Talks & Discussion [ICS]
3:30 Poker! [R]
4:00 History of Lake Forest Discussion [Lib]
7:00 Movie Night! [ALE]
7:30 Rummikub Game [Lib]

10:00 Art Class with Cheryl [ICS]
10:00 Working with Weights [IE]
2:00 Grace United Methodist Church Worship & Communion [ALE]
2:45 Bingo Store [ICS]
3:00 Bring Back Summer Happy Hour [R]
4:00 Making Holiday Candy [ICS]
7:00 Movie Night! [IE]

10:30 Chair Yoga with Bette [IE]
11:00 Sudoku Brain Exercise [R]
1:30 Yahtzee Dice Game [R]
2:30 Rummikub at Rockland's [R]
3-3:30 Apple Cider at Rockland's [OP]
4:00 Bingo! [R]

9-12 Transportation for Church Services [L]
11:00 Ludicrous Laws and Government Goofs [GR]
1:15 BINGO! [ACS]
2:30 Fly With Me to Monaco - You Need Your Passport [R]
3:30-4 Chair Chi with Cathy! [IE]
4:30-7 Sunday Dinner Carving Station [DR]

10:00 Get Fit with Carrie [IE]
10:30 Guided Meditation [IE]
10:30 Rummikub [L]
10:45 Beading with Barbara Leone [ICS]
1-2 One-on-One Technology Lesson with Paul [ICS]
1:30 Hand and Foot Card Game [R]
2:30 Men's Club
3:30 Poker! (NEW DAY THIS WEEK) [R]
7:30 Monday Night Movie [IE]

10:30 Free Blood Pressure Checks (Freedom Home Care) [Lib]
10:30 Onsite Banking! [Lib]
11-11 Fitness with Cindy! [IE]
11:30 Guided Meditation [ICS]
12:00 Outing: \$5 Tuesday at the Movies! [L]
1:30 American Mahjong [R]
1:30 Resident Town Hall Meeting [IE]
4:00 NEW! Back in the Day [R]
7:30 Rummikub Game [Lib]

10:00 Introduction to Be Fit Equipment [I Fit]
12:00 Outing: Marriott Theatre Presents - Oliver! [L]
1:15 Bridge Group [R]
1:15 Performing Arts: [ALE]
2-3 Knitwits Needle Art Club! [Lib]
3:15 Music and Movement with Caitlin (featuring Cardio Drumming!) [IE]
4-5 Brews and Clues [R]
7:00 NEW! Lessons Learned in Life [R]

Thanksgiving
8-11 Chicago Thanksgiving Day Parade [R]
10:30 Chair Yoga with Bette [IE]
11:30 Thanksgiving Dinner [DR]
2:30 Thanksgiving Bingo! [R]
3:45 Colorful Relaxation (Adult Art Pages) [ICS]
4:15 Dining Room Closed for Dinner [DR]
6:30 Movie Night! [ALE]
7:30 Rummikub Game [Lib]

10:30 Silverware & Dishes Amnesty Day!
11:00 Learning about Local Non-Profits [IE]
1:15-2 Silverware & Dishes Amnesty Day! (Part 2)
1:30 Crafts with Melissa [ACS]
2:45 Sip & Learn: Chicago 1870 - 1920 [R]
4:00 Follow Up Sip & Learn Discussion [R]
7:00 Movie Night! [IE]

10:30 Chair Yoga with Bette [IE]
11:00 Health and Wellness Tip of the Week [R]
1:30 Making Fudge [ICS]
2:30 Rummikub [L]
3-3:30 Brain Teaser Mixer at Rocklands! [R]
4:00 Resident Choice Classic Comedy [R]