January 2022

Brain Health University!

## Monthly Activities

<b>Brain Health University!</b>		Worth Activities					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Benspired  WWW.SENIORLIFESTYLE.COM  Activities are subject to change	January cont'd  7:45 • St. Philips Church of Northfield [B] 9:30 • This Day in History & Current Events [THTR]  10:15 • Zumba Gold [THTR] 1:30 • Magic Stitches: [AS] 2:15 • Great Courses: Louis Pasteur Cures a Child(1885) [THTR]  3:00 • Chair Volleyball [MPR] 7:00 • Movie: Mr. Right [THTR]	9:30 • This Day in History & Current Events [THTR]  10:30 • SYMBRIA: Healthy Hands [MPR]  11:00 • News Currents [MPR]  11:00 • News Currents [MPR]  11:15 • TED Talks: The Grand Canyon Explained   How the Earth Was Made [THTR]  11:15 • Tai Chi [THTR]  11:15 • Tai Chi [THTR]  11:15 • Tai Chi [THTR]  11:10 • Walking Club [L]  11:10 • Musical Program: "Legends of Sound" [MPR]  11:10 • Action Movie: [THTR]	Resident Birthdays  Mary D. 1/1 Joyce R. 1/2 Anne N. 1/5 Susan A. 1/8 Anthonius G. 1/10 Marion G. 1/12 Gloria S. 1/16 Gloria S. 1/16 Sally B. 1/20 Dorothy K. 1/26		Location Keys  Art Studio AS Bistro B Grille G Library LIB Living Room LR Lobby L Multi-Purpose Room (2nd Floor) MPR South Cafe (2nd floor) SC2 Theater THTR		New Year's Day 9:30 • This Day in History & Current Events [THTR] 10:30 • Sit and Be Fit [MPR] 11:00 • Fit Minds: Games to Improve Memory [MPR] 1:30 • Grocery Shopping (Trader's Joe & Dollar Tree ) and Stop at Resale Shop [B] 1:30 • Saturday Matinee: To be announced soon [THTR] 2:00 • Bingo Blast [G] 3:00 • Chair Volleyball [MPR] 4:00 • Jeopardy Trivia Game [MPR] 7:00 • Movie: Fool's Gold [THTR]
NORTH SHORE PLACE  Signature Collection a Senior Lifestyle community	7:45 • St. Philips Church of Northfield [8]  9:30 • This Day in History & Current Events [THTR]  10:15 • Zumba Gold [THTR]  11:00 Armchair Travel: Brazil (South-America) [THTR]  1:30 • Making snowflake jars [AS]  2:15 • Great Courses:" Black Death - Pandemics and History" [THTR]  3:00 • Chair Volleyball [MPR]  7:00 • Movie: Serendipity [THTR]	Events [THTR]  10:30 • SYMBRIA: Healthy Hands [MPR]  11:00 • News Currents [MPR]  1:15 • TED Talks: The Grand Canyon Explained   How the Earth Was Made [THTR]  2:00 • Book Club	9:30 • This Day in History & Current Events [THTR] 10:30 • SYMBRIA: Bone Builders! [MPR] 11:00 • Fit Minds program [MPR] 1:30 • Bus Outing: Scenic Drive to Skokie Lagoons [B] 1:30 • Rhythym & Moves - Power for Parkinsons [THTR] 2:00 • Black Jack & Canasta! 2:15 • Music lovers club:Greatest Hits Of Broadway [THTR] 3:30 • Liz Goss: Vocalist [LR] 7:00 • Movie: Stepmom [THTR]	9:30 • This Day in History & Current Events [THTR] 10:30 • SYMBRIA: Stretch & Flex! [MPR] 11:00 • Open Movie Committee [MPR] 11:00 • Resident Programs Committee [MPR] 1:30 • Cross Word Puzzles [LR] 2:00 • Senior Tech Hour with Victor [THTR] 2:15 • Chair Volleyball [THTR] 2:30 • Brian Health University Class 1 [THTR] 7:00 • Ceramics Class with Victoria [AS] 3:15 SingFit program [THTR] 4:00 • Bingo! 7:00 • Movie: Power of the Dog [THTR]	9:30 • This Day in History & Current Events [THTR]  10:30 • SYMBRIA: Balance Boosters! [MPR]  11:00 • Game: ILLUSIONS THAT WILL TEST YOUR BRAIN [MPR]  1:00 • North Shore Place Ambassador Program [THTR]  1:30 • Grocery Shopping: Mariano's & Walgreens [B]  1:30 • New program: NSP Choir "Golden Bells" [LR]  3:00 • Cooking Class: [SC2]  7:00 • Movie: Everything Must Go [THTR]	9:30 • This Day in History & Current Events [THTR]  10:30 • SYMBRIA: Sit and Be Fit! [MPR]  11:15 • Walking Club [LR]  11:30 • Jeopardy Trivia [THTR]  1:30 • Food Committee Meeting [LIB]  2:30 • Shabbat Service [THTR]  2:30 • Mobility City: 2:30 -4:00 pm Walkers & Wheelchair Repair Services [G]  3:00 • Music, Movement & Memory with Shannon Wallace! [THTR]  4:00 • Happy Hour! [LR]  7:00 • Movie: Quartet [THTR]	9:30 • This Day in History & Current Events [THTR] 10:30 • Sit and Be Fit [MPR] 11:00 • Fit Minds: Games to Improve Memory [MPR] 1:30 • Grocery Shopping (Trader's Joe & Dollar Tree ) [B] 1:30 • Saturday Matinee: [THTR] 2:00 • Bingo Blast [G] 3:00 • Chair Volleyball [MPR] 3:30 Brain Health University Class 2 [THTR] 4:00 • Jeopardy Trivia Game [THTR] 7:00 • Movie: Stripes [THTR]
<ul><li>CONNECT</li><li>CONTRIBUTE</li><li>FEEL</li><li>GROW</li><li>MOVE</li><li>REFLECT</li></ul>	7:45 St. Philips Church of Northfield [B] 9:30 This Day in History & Current Events [THTR] 1:30 Magic Stitches: [AS] 2:15 Great Courses: "Columbus Finds a New World [THTR] 3:00 Chair Volleyball [MPR] 3:30 Trivia game [MPR] 7:00 Movie: Sabrina [THTR]	9:30 • This Day in History & Current Events [THTR]  10:30 • SYMBRIA: Healthy Hands [MPR]  11:00 • News Currents [MPR]  1:15 • TED Talks: The Grand Canyon Explained   How the Earth Was Made [THTR]  2:00 Popcorn Social [L]  2:45 • Tai Chi [THTR]  3:30 • Walking Club [L]  4:00 • Musical Program: "Legends of Sound" [MPR]  5:00 • Jeopardy Game [MPR]  7:00 • Movie: The Mask of Zorro [THTR]	9:30 • This Day in History & Current Events [THTR]  10:30 • SYMBRIA: Bone Builders! [MPR]  11:00 Fit Minds program [MPR]  1:30 • Bus Outing: [B]  2:00 • Black Jack & Canasta!  3:00 Oldies Music with Wayne! [LR]  4:00 Brain Health University Class 4 [THTR]  4:00 • Save the EarthRecycle crafts projects with Victoria [AS]  7:00 • Movie: Victoria and Abdul [THTR]	Events [THTR] 10:30 Magavet Performance 10:30 • SYMBRIA: Stretch & Flex! [MPR] 11:00 • Open Movie Committee [MPR] 1:00 • Christ Church of Winnetka: Christian Worship Service [THTR] 1:30 • Cross Word Puzzles [LR]	9:30 • This Day in History & Current Events [THTR]  10:30 • SYMBRIA: Balance Boosters! [MPR]  11:00 • Drama improv games with Victoria [MPR]  1:30 • Grocery Shopping: Mariano's & Walgreens [B]  1:30 • New program: NSP Choir "Golden Bells" [LR]  3:00 • Cooking Class: [SC2]  Brain Health University Class 5 [THTR]  Movie: The Boy Who Harnessed the Wind [THTR]	9:30 • This Day in History & Current Events [THTR] 10:30 • SYMBRIA: Sit and Be Fit! [MPR] 11:15 • Walking Club [LR] 1:15 • Cross Word Puzzles [LR] 2:00 • Shabbat Service [THTR] 3:00 • Music, Movement & Memory with Shannon Wallace! [THTR] 3:30 • Happy Hour! [LR] 7:00 • Movie: Gladiator [THTR]	9:30 • This Day in History & Current Events [THTR] 10:30 • Sit and Be Fit [MPR] 11:00 • Fit Minds: Games to Improve Memory [MPR] 11:30 Theater Reserved for Private Party 11:30am-2pm [THTR] 1:30 • Grocery Shopping (Trader's Joe & Dollar Tree ) [B] 2:00 • Bingo Blast [G] 3:00 • Chair Volleyball [MPR] 4:00 • Jeopardy Trivia [THTR] 7:00 • Movie: Otherhood [THTR]
Location Keys  Art Studio AS Bistro B Grille G Library LIB	7:45 St. Philips Church of Northfield [B] 9:30 This Day in History & Current Events [THTR] 10:15 Zumba Gold [THTR] 1:30 Magic Stitches: [AS] 2:15 Great Courses: "Frasmus-A Book Sets Europe Ablaze" [THTR] 3:00 Chair Volleyball [MPR] 4:00 Trivia game [MPR] 7:00 Movie: The Shack [THTR]	10:30 • SYMBRIA: Healthy Hands [MPR]  11:00 • News Currents [MPR]	MPR    1:00 Fit Minds program [MPR]   1:30 • Bus Outing: [B]   1:30 • Rhythym & Moves - Power for Parkinsons [THTR]   2:00 • Black Jack & Canasta!   2:15 • Music lovers club:Greatest Hits Of Broadway [THTR]   3:30 • Word games [LR]   4:00 • Save the EarthRecycle crafts projects with Victoria [AS]   7:00 • Movie: The professor and the Madman [THT]   1:00 •	10:30 • SYMBRIA: Stretch & Flex! [MPR] 11:00 • Open Movie Committee [MPR] 1:15 • Chair Volleyball [MPR] 2:00 • Senior Tech Hour with Victor [THTR] 3:00 • Brain Health University Class 7 [THTR] 4:00 • Ceramics Class with Victoria [AS] 7:00 • Assisted Living Family/Private Caregiver Support Group [MPR] 7:00 • Movie: Black or White [THTR]	9:30 Drum Circle with Chris Lavidas! [THTR] 9:30 This Day in History & Current Events [THTR] 10:30 SYMBRIA: Balance Boosters! [MPR] 11:00 Drama improv games with Victoria [MPR] 1:00 North Shore Place Ambassador Program [THTR] 1:30 Grocery Shopping: Mariano's & Walgreens [B] 1:30 New program: NSP Choir "Golden Bells" [LR] 2:00 All Resident Council with Management [MPR] 3:00 Cooking Class: [SC2] 7:00 Movie: Defiance [THTR]	9:30 • This Day in History & Current Events [THTR]  10:30 • SYMBRIA: Sit and Be Fit! [MPR]  11:00 Volunteer Pianist: Bradley [LR]  11:15 • Walking Club [LR]  1:00 Jil Gabrielle: Actress: Oh Jackie Oh Show! [LR]  1:15 • Cross Word Puzzles [LR]  2:00 • Shabbat Service [THTR]  3:00 • Music, Movement & Memory with Shannon Wallace! [THTR]  4:00 • Happy Hour! [LR]  7:00 • Movie: Awakenings [THTR]	9:30 • This Day in History & Current Events [THTR] 10:30 • Sit and Be Fit [MPR] 11:00 • Fit Minds: Games to Improve Memory [MPR] 1:30 • Grocery Shopping (Trader's Joe & Dollar Tree )  B  1:30 • Saturday Matinee: [THTR] 2:00 • Bingo Blast [G] 3:00 • Chair Volleyball [MPR] 4:00 • Jeopardy Trivia [THTR] 7:00 • Comedy Movie: [THTR]
Living Room LR Lobby L	7:45 • St. Philips Church of Northfield [B] 9:30 • This Day in History & Current Events [THTR] 10:15 • Zumba Gold [THTR] 1:30 • Magic Stitches: [AS] 1:30 • You be the Judge [THTR] 2:15 • Great Courses: "Luther's New Course Changes History" [THTR] 3:00 • Chair Volleyball [MPR] 4:00 Trivia game [MPR] 7:00 • Movie: Always Be My Maybe [THTR]	9:30 • This Day in History & Current Events [THTR]  10:30 • SYMBRIA: Healthy Hands [MPR]  11:00 • News Currents [MPR]  1:15 • TED Talks: The Grand Canyon Explained   How the Earth Was Made [THTR]  2:00 • Popcorn Social [L]  2:45 • Tai Chi [THTR]  3:30 • Walking Club [L]  4:00 • Musical Program: "Legends of Sound" [MPR]  7:00 • Movie: Robinhood: Prince of Thieves [THTR]	9:30 • This Day in History & Current Events [THTR] 10:30 • SYMBRIA: Bone Builders! [MPR] 11:00 Brain Health University Class 10 [THTR] 11:00 • Bus Outing: [B] 1:30 • Rhythym & Moves - Power for Parkinsons [THTR] 2:00 • Black Jack & Canasta! 2:15 • Music lovers club:Greatest Hits Of Broadwa; [THTR] 3:00 January Birthday Party and Larry Levin: Live Entertainer [LR] 4:00 • Save the EarthRecycle crafts projects with Victoria [AS] 7:00 • Movie: Moneyball [THTR]	[MPR]  11:00 Debby Kindness Chains Shopping Boutique [B]  11:00 Open Movie Committee [MPR]  1:30 Cross Word Puzzles [LR]  2:00 Senior Tech Hour with Victor [THTR]  4:00 Ceramics Class with Victoria [AS]  7:00 Movie: Wind River [THTR]	9:30 • This Day in History & Current Events [THTR]  10:30 • SYMBRIA: Balance Boosters! [MPR]  11:00 • Drama improv games with Victoria [MPR]  1:30 • Grocery Shopping: Mariano's & Walgreens [B]  1:30 • New program: NSP Choir "Golden Bells" [LR]  3:00 • Cooking Class: [SC2]  7:00 • Movie: Destination Wedding [THTR]	9:30 • This Day in History & Current Events [THTR]  10:30 • SYMBRIA: Sit and Be Fit! [MPR]  11:15 • Walking Club [LR]  1:15 • Cross Word Puzzles [LR]  2:00 • Shabbat Service [THTR]  3:00 BRAIN HEALTH UNIVERSITY GRADUATION PARTY! [LR]  3:00 Band! [LR]  4:00 • Happy Hour! [LR]  7:00 • Movie: Don't Look Up [THTR]	