



January 2022 Let's Sparkle into the New Year!										Monthly Activities																													
Sunday					Monday					Tuesday					Wednesday					Thursday					Friday					Saturday									
<div><p>MEMORY CARE embrace BY SENIOR LIFESTYLE</p><p>WWW.SENIORLIFESTYLE.COM</p><p>Activities are subject to change</p></div> <div><p>NORTH SHORE PLACE</p><p>Signature Collection a Senior Lifestyle community</p></div> <div><p> *BOOKMARKS</p><p> *ESSENCE</p><p> *THYMELESS</p><p> CONNECT</p><p> CONTRIBUTE</p><p> FEEL</p><p> GROW</p><p> MOVE</p><p> REFLECT</p></div> <div><p>Location Keys</p><p>Activity Studio 1</p><p>Activity Studio 2</p><p>Living Room</p><p>Serenity Room</p></div> <div><p>AS1</p><p>AS2</p><p>LR</p><p>SR</p></div>					January cont'd 30					31					Resident Birthdays															1									
					9:45 ● Coffee with Dr. Baker [LR] 10:00 ● Religious Services on IN2L [AS2] 10:30 ● Chair Exercise [AS1] 11:00 ● Daily Chronicle & Good News 1:45 ● Creative Art [AS1] 2:00 ● Picture Bingo [AS1] 3:00 ● Songs By Heart [AS1]					9:45 ● Coffee with Dr. Baker [LR] 10:00 ● Balance Exercise [AS2] 10:30 🍷 Thymeless: Raspberry Ginger with Lemon Infused Water [AS1] 12:30 ● Lunch Ladies [AS1] 1:30 ● Ball Exercise [AS2] — ● I See Colors: Visual Sensory Exercise [AS2] 1:30 ● Riddle Me This! [AS1] 3:00 ● Scent Therapy [AS2] 3:00 ● Songs By Heart [AS1] — ● Ball in a Bucket [AS2] 4:00 ● Rephrase It! Word Game [AS1]					Mary D. 1/1 Joyce R. 1/4 Anne N. 1/5 Susan A. 1/8 Anthonius G. 1/10 Marion G. 1/12 Adela L. 1/14 Fern Z. 1/14 Gloria S. 1/15 Shumin C. 1/15 Barbara L. 1/16 Sally B. 1/20 Dorothy K. 1/26															9:15 ● Non Denominational Service / All 10:00 ● Putting The Past in Order [AS1] 10:30 🍷 Thymeless: Avocado Mini Bites [AS1] 11:00 ● Daily Chronicle & Good News [AS1] 2:00 ● A Walk Down Memory Lane [AS2] 2:30 ● New year's Fun Facts and Traditions [AS2] 3:00 ● Pickleball [AS1] 4:00 ● New Year's Resolution Scramble [AS1] 6:15 ● New Year's Poem / Chocolate [AS2] 6:30 ● Movie Night: [AS2]									
					9:15 ● Non Denominational Service / All 9:45 ● Coffee with Dr. Baker [AS2] 10:00 ● Religious Services on IN2L [AS2] 10:30 ● Chair Exercise [AS1] 10:30 ● Mix and Match [AS2] 1:30 ● Sing Along with Susie Q: IN2L 2:15 ● Bowling with Virginia [AS1] 3:00 ● Ted Talk: Segment: Why is exercise good for your brain 3:45 ● Relax with Mozart 6:15 ● Sunday Night Movie: [AS2]					9:15 ● Non Denominational Service / All 9:45 ● Coffee with Dr. Baker [AS2] 10:00 ● Balance Exercise [AS2] 10:30 🍷 Thymeless: Raspberry Ginger with Lemon Infused Water [AS1] 12:30 ● Lunch Ladies [AS1] — ● I See Colors: Visual Sensory Exercise [AS2] 1:30 ● Riddle Me This! [AS1] 3:00 ● Scent Therapy [AS2] 3:00 ● Songs by Heart Music Therapy [AS1] 4:00 ● Shake Loose a Memory [AS2] 6:15 ● Movie Night: My Octopus Teacher [AS2]					9:15 ● Non Denominational Service / All 9:45 ● Coffee with Dr. Baker [LR] 10:00 ● Cross Body Brain exercise [AS1] 10:30 ● Fruit Puzzle [AS2] 10:30 🍷 Thymeless: Cranberry, Apple and Mint Infused Water [AS1] 11:30 ● Daily Chronicle News 12:30 🧠 Essence With Tracy [SR] 2:00 📖 Bookmarks [LR] 3:00 ● Songs by Heart Music Therapy [AS1] — ● Edible Memories [AS2] 4:00 ● Brain Teaser [AS1] 6:30 ● No Sixes Dice Game [AS1]					9:15 ● Non Denominational Service / All 9:45 ● Coffee with Dr. Baker [LR] 10:00 🍷 Thymeless: Green Grapes / Mint Infused Water [AS1] 10:30 ● Outing Scenic Drive: Winter Wonderland [AS1] 11:00 ● Daily Chronicle News 1:30 ● Five Birds Adventure [AS2] 3:00 ● SongFit Music Therapy [AS1] 4:00 ● Brain Games with Team [LR] 6:15 ● Winter Bingo [AS1]					9:15 ● Non Denominational Service / All 9:45 ● Coffee with Dr. Baker [LR] 10:00 Chair Yoga 10:30 🍷 Thymeless: Blueberry Banana Bears Bites [AS1] 12:30 Lunch Ladies 2:15 ● Very Berry Delicious [AS2] 3:45 ● Roll a Challenge (Dice Game) [AS1] 4:00 ● Balloon Badminton [AS2] 4:00 ● What's Your Favorite Flavor [AS2] 4:00 ● Zig Zag Zoom [AS2] 6:15 ● Story Time /Coco Bombs [AS1]					9:15 ● Friday Morning Praise 9:45 ● Coffee with Dr. Baker [LR] 10:00 ● Food For Thought [AS2] 10:00 ● Target Letter Game [AS1] 10:30 ● Video Therapy [AS2] 11:00 🍷 Thymeless: Gardening [AS2] 1:00 Relax with Beethoven 1:30 Ageless Grace Exercise 1:30 Resident's Choice 2:00 ● Sort and Fold [AS2] 2:30 🍷 Thymeless: Frozen Ginger Mint Mojito [AS1] 3:45 ● Shopping List Game [AS1] 6:00 ● Shabbat Service [AS1] 7:00 Mexican Train Dominoes					10:00 ● Poetry Appreciation / Tea Social [AS2] 10:00 🍷 Thymeless: Avocado Mini Bites [AS1] 2:00 ● Recycling Magazine Scrapbooking [AS1] 2:30 ● Word Finding [AS1] 3:00 ● Social with Stan The Piano Man [AS1] 3:45 What's In a Name [AS1] 4:00 ● Balloon Tennis [AS2] 6:30 ● Bingo with a Twist				
					9:45 ● Coffee with Dr. Baker [LR] 10:00 ● Religious Services on IN2L [AS2] 10:00 ● Sunshine Stretches [AS1] 11:00 ● Daily Chronicle & Good News 2:00 ● Winter Scavenger Hunt [AS2] 3:00 ● Happy Hour / Stan [AS1] 4:00 ● Cotton Art [AS1] 4:00 ● Dice and Card Football [AS1] 4:00 ● Spot the Difference (Sensory Exercise) 6:30 ● Sunday Movie [AS2]					1:30 ● Ball Exercise [AS2] 9:45 ● Coffee with Dr. Baker [LR] 10:30 🍷 Thymeless: Raspberry Ginger with Lemon Infused Water [AS1] 12:30 ● Lunch Ladies [AS1] 1:00 ● Daily Chronicle News [AS1] 3:00 ● Songs By Heart [AS1] 3:00 ● Songs by Heart Music Therapy [AS1] 3:45 ● Walking to the Beat / Maurice [AS1] 4:00 ● Cards / Dice Game [AS2] 6:15 ● Movie Night: Self Made / Inspired by the Life Madam CJ Walter [AS2]					9:45 ● Coffee with Dr. Baker [LR] 10:30 ● Cross Body Brain exercise [AS1] 10:30 🍷 Thymeless: Cranberry / Apple with Mint Infused Water [AS1] 12:30 🧠 Essence With Tracy [SR] 12:30 ● Lunch Ladies 1:45 ● Daily Chronicle News 2:00 📖 Bookmarks [LR] 3:00 ● Songs By Heart [AS1] 3:00 ● Songs by Heart Music Therapy [AS1] 3:45 ● No Sixes Dice Game [AS1] 4:00 ● I See Bubbles Sensory Activity [AS2] 6:15 ● Music Bingo / Eggnog					9:45 ● Coffee with Dr. Baker [LR] 10:00 🍷 Thymeless: Green Grapes / Mint Infused Water [AS1] 10:15 ● Snap Shot Meli [AS2] 10:30 Drumming Yoga [AS1] 11:00 ● Daily Chronicle News 1:00 ● Outing: Luncheon [AS1] 1:00 Relax with Jazz 2:00 ● Pictionary [AS2] 3:00 ● Songs By Heart [AS1] 4:00 ● Brain Games with Team [LR] 4:00 ● Color Sorting [AS2] 4:00 ● Musical Ball [AS2] 6:15 ● The Price is Right [AS1]					9:45 ● Coffee with Dr. Baker [LR] 10:30 ● Melting Snowman(Sensory) Palma [AS2] 10:30 🍷 Thymeless: Blueberry Banana Bears Bites [AS1] 2:00 ● Handy Man Memory Game [AS2] 2:00 ● Trail Making Exercise 2:15 ● Nut Mix Challengers [AS2] 3:00 ● Songs By Heart [AS1] 4:00 ● Calculation Crisscross: Math Challenge [AS1] 4:00 ● Jogging your Noggin [AS1] 6:30 ● Turntable Record Playing Reminiscing / Eggnog [AS2]					9:15 ● Friday Morning Praise 9:45 ● Coffee with Dr. Baker [LR] 10:00 ● Winter Scavenger Hunt Roshana [AS2] 10:30 ● Posture and Pleasure Exercise [AS1] 1:00 Relax with Beethoven 1:30 Resident's Choice 2:00 ● Sort and Fold [AS2] 2:30 Ping Pong Challenge [AS1] 2:30 🍷 Thymeless: Frozen Ginger Mint Mojito [AS1] 3:00 ● Songs By Heart [AS1] 4:00 ● What's that smell (Sensory Exercise) Maribel [SR] 6:00 ● Shabbat Service [AS1] 7:00 Mexican Train Dominoes [AS1]					12:30 ● Find and Seek [AS2] 10:00 ● Parachute Resistance Band Exercise [AS2] 10:00 🍷 Thymeless: Avocado Mini Bites [AS1] 12:45 ● Discovery Channel [AS2] 2:00 ● Snowman Box Craft [AS1] 3:00 ● Songs By Heart [AS1] 3:30 ● Pictionary [AS2] 6:30 ● Saturday Night at the Casino [AS1]				
					9:45 ● Coffee with Dr. Baker [LR] 10:00 ● Religious Services on IN2L [AS2] 10:30 ● Chair Exercise [AS1] 11:00 ● Daily Chronicle & Good News 1:45 ● Creative Art [AS1] 2:00 ● Picture Bingo [AS1] 3:00 ● Songs By Heart [AS1] 3:30 ● SingFit Music Therapy [AS2] 6:30 Let's Bake: Cookies					9:45 ● Coffee with Dr. Baker [LR] 10:00 ● Balance Exercise [AS2] 10:30 🍷 Thymeless: Raspberry Ginger with Lemon Infused Water [AS1] 12:30 ● Lunch Ladies [AS1] 1:30 ● Ball Exercise [AS2] — ● I See Colors: Visual Sensory Exercise [AS2] 1:30 ● Riddle Me This! [AS1] 3:00 ● Scent Therapy [AS2] 3:00 ● Songs By Heart [AS1] — ● Ball in a Bucket [AS2] 6:00 ● Karaoke Night [AS1]					9:45 ● Coffee with Dr. Baker [LR] 10:00 ● Spot the Difference (Sensory Exercise) [AS2] 10:00 🍷 Thymeless: Cranberry / Apple with Mint Infused Water [AS1] 10:30 ● Cross Body Brain exercise [AS1] 10:30 ● Fruit Puzzle [AS2] 12:30 🧠 Essence With Tracy [SR] 1:45 ● Daily Chronicle News 2:00 📖 Bookmarks [LR] 3:00 ● Songs By Heart [AS1] 4:00 SPARKS with Maurice [LR] 6:15 ● Star of the month [AS1]					9:45 ● Coffee with Dr. Baker [LR] 10:00 🍷 Thymeless: Green Grapes / Mint Infused Water [AS1] 10:30 Drumming Yoga [AS1] 10:30 ● Outing: Halim Glaas Museum 11:00 ● Daily Chronicle News 3:00 ● Songs By Heart [AS1] 4:00 ● Brain Games with Team [LR] 6:15 Charades					9:45 ● Coffee with Dr. Baker [LR] 10:00 🍷 Thymeless: Blueberry Banana Bears Bites [AS1] 10:30 ● Drum Circle with Chris [AS1] 3:00 ● Songs By Heart [AS1] 3:45 ● Roll a Challenge (Dice Game) [AS1] 4:00 ● Balloon Badminton 4:00 ● I See Bubbles Sensory Activity [AS2] 4:00 ● What's Your Favorite Flavor [AS2] 4:00 ● Zig Zag Zoom [AS2] 6:15 ● Story Time /Coco Bombs [AS1]					9:15 ● Friday Morning Praise 9:45 ● Coffee with Dr. Baker [LR] 10:00 ● Target Letter Game [AS1] 10:30 ● Posture and Pleasure Exercise [AS1] 10:30 ● Video Therapy [AS2] 1:00 Relax with Beethoven 1:30 Resident's Choice 2:00 ● Beans Collage [AS2] 2:00 ● Sort and Fold [AS2] 2:30 🍷 Thymeless: Frozen Ginger Mint Mojito [AS1] 3:00 ● Songs By Heart [AS1] 3:45 ● Shopping List Game [AS1] 6:00 ● Shabbat Service [AS1]					10:00 ● Poetry Appreciation / Tea Social [AS2] 10:00 🍷 Thymeless: Avocado Mini Bites [AS1] 2:00 ● Recycling Magazine Scrapbooking [AS1] 2:30 ● Word Finding [AS1] 3:00 ● Pickleball [AS1] 3:00 ● Songs By Heart [AS1] 4:00 ● Balloon Tennis [AS2] 6:00 POKENO!				
					9:45 ● Coffee with Dr. Baker [LR] 10:00 ● Religious Services on IN2L [AS2] 11:00 ● Daily Chronicle & Good News 2:00 ● Winter Scavenger Hunt [AS2] 3:00 ● Songs By Heart [AS1] 3:30 ● Qwirkle [AS1] 4:00 ● Dice and Card Football [AS1] 4:00 ● Spot the Difference (Sensory Exercise) 6:30 Lets Bake: Cookies					9:45 ● Coffee with Dr. Baker [LR] 10:30 🍷 Thymeless: Raspberry Ginger with Lemon Infused Water [AS1] 12:30 ● Lunch Ladies [AS1] 1:30 ● Ball Exercise [AS2] 1:45 Travelogue with Rick Steves 3:00 ● Songs By Heart [AS1] 3:45 ● Dot to Dot Art [AS2] 3:45 ● Walking to the Beat / Maurice [AS1] 4:00 ● Cards / Dice Game [AS2] 6:00 Karaoke Night					9:45 ● Coffee with Dr. Baker [LR] 10:00 ● Spot the Difference (Sensory Exercise) [AS2] 10:30 ● Cross Body Brain exercise [AS1] 10:30 🍷 Thymeless: Cranberry / Apple with Mint Infused Water [AS1] 12:30 🧠 Essence With Tracy [SR] 1:45 ● Daily Chronicle News 2:00 📖 Bookmarks [LR] 3:00 ● Songs By Heart [AS1] 4:00 SPARKS with Maurice [LR] 6:15 ● Music Bingo / Eggnog					9:45 ● Coffee with Dr. Baker [LR] 10:00 🍷 Thymeless: Green Grapes / Mint Infused Water [AS1] 10:15 ● Snap Shot Meli [AS2] 10:30 Drumming Yoga [AS1] 10:30 ● Outing: Northbrook History Museum 11:00 ● Daily Chronicle News 1:45 ● Outing: Northbrook History Museum 3:00 ● Songs By Heart [AS1] 4:00 ● Brain Games with Team [LR] 4:00 ● Color Sorting [AS2] 4:00 ● Musical Ball [AS2] 6:15 ● The Price is Right [AS1]					9:45 ● Coffee with Dr. Baker [LR] 10:30 ● Melting Snowman(Sensory) Palma [AS2] 10:30 🍷 Thymeless: Blueberry Banana Bears Bites [AS1] 11:00 ● Daily Chronicle & Good News [AS1] 12:30 Art Appreciation: Impressionism [AS1] 2:00 ● Trail Making Exercise 3:00 ● Songs By Heart [AS1] 6:30 ● Turntable Record Playing Reminiscing / Eggnog [AS2]					9:15 ● Friday Morning Praise 9:45 ● Coffee with Dr. Baker [LR] 10:30 ● Posture and Pleasure Exercise [AS1] 11:00 ● Daily Chronicle News [AS1] 1:00 Relax with Beethoven 1:30 Resident's Choice 2:00 ● Sort and Fold [AS2] 2:30 🍷 Thymeless: Frozen Ginger Mint Mojito [AS1] 3:00 ● Songs By Heart [AS1] 4:00 ● Brain Food Game [AS1] 4:00 ● What's that smell (Sensory Exercise) Maribel [SR] 6:00 ● Shabbat Service [AS1] 6:15 ● Roll it Play it! [AS1]					9:15 ● Saturday Morning Worship 10:00 ● Parachute Resistance Band Exercise [AS2] 10:00 🍷 Thymeless: Avocado Mini Bites [AS1] 2:30 ● Dominoes Table Game [AS1] 3:00 ● Songs By Heart [AS1] 3:30 ● Pictionary [AS2] 6:30 ● Saturday Night at the Casino [AS1]				
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