

calendar & activities
JAN 2020

"Regards to Broadway"

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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



10:00 Sit and Be Fit [AS1] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Chicken Soup for the Soul Listening Hour [AS2] 10:45 Thymeless: Mary Poppins Umbrella Bites / infused Water [AS1] 11:30 Daily Chronicle & Good News [BF] 1:30 Puzzling Parlour [AS2] 2:00 Afternoon Tea Time on Broadway [AS2] 3:00 Classical & Operatic Music by Annie [DR] 4:00 IN2L Games [BF] 6:15 Musical Ball Toss [AS2]	10:00 Theater Experience: "Hairspray" [ALT] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Swing & Sway to the Beat [AS1] 10:45 Thymeless: Eclipsed Fruit Wedges 11:30 Daily Chronicle & Good News [BF] 1:30 Ceramics Class with Maria [AS1] 1:30 Essence with Justine [AS2] 2:30 Thymeless: Strike Up The Band Sparkler 3:00 Songs by Heart Music Therapy [AS1] 4:00 Shake Loose a Memory Game [AS2] 4:15 Nu-Step Bicycling [FC] 6:15 Eggnog Social [BF]
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New Year's Day 9:45 Ribbon Dance [AS2] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Who's Got it Card Game [AS2] 10:45 Thymeless: Bright Star Cheddar Bites [BF] 11:30 Daily Chronicle & Good News [BF] 1:30 Bocce Ball [AS2] 1:30 Bookmarks [LIB] 2:30 Thymeless: Hamilton Berry Sweet Refresher 3:00 Char's New Year Musical Show [AS1] 4:00 Chair Volleyball [AS2] 4:00 Farkle with Friends [AS1] 4:15 Nu-Step Bicycling [FC] 6:15 Colorful Expressions: Adult Coloring Books [AS1]
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9:45 Sittercise [AS1] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Thymeless: King Charles III Mini Sandwiches / Infused Water [AS1] 11:30 Daily Chronicle & Good News [BF] 11:45 OUTING: Northbrook Court AMC Theater for "Cats" 1:30 Awaken the Senses Sensory Stimulation [AS2] 1:30 Crafter's Corner: [AS2] 2:30 Thymeless: Strawberry Rock Fizz 3:00 Songs by Heart Music Therapy [AS1] 4:00 Bean Bag Toss [AS2] 4:00 LCR Dice Game [AS1] 4:15 Nu-Step Bicycling [FC] 4:30 Go for a Spin Walking Club [BF] 6:15 Balloon Volleyball [AS2]

9:45 Broadway Tap-Line Exercise [AS2] 10:00 Baker's Club: Peachy Waitress Bars [AS1] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Hat Chat [AS1] 11:30 Daily Chronicle & Good News [BF] 1:30 IN2L- My Page [BF] 1:30 Manicures & Massages [BF] 2:30 Thymeless: Color Purple Spritzer [AS1] 3:00 Songs by Heart Music Therapy [AS1] 4:00 Broadway Musical Ball Toss [AS2] 4:00 Sight and Sound Exercise 4:00 Timeslips [AS1] 4:15 Nu-Step Bicycling [FC] 6:15 Broadway Musicals Sing Along [AS1]

10:00 Chair Fitness [AS1] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Broadway Musical Pictionary [AS1] 10:30 Walk to the Beat [AS2] 10:45 Thymeless: Cranberry Brie Bites/Infuse water 11:30 Daily Chronicle & Good News [BF] 1:30 Aqua Paintings [AS2] 1:30 Coffee Over Conversation with Cake [AS1] 3:00 Happy Hour with Eleanor & Andy's Bedazzling Broadway Show [AS1] 4:00 Life Saver Word Games [AS2] 4:00 Meditation Circle [AS1] 4:15 Nu-Step Bicycling [FC] 6:15 Theme of the Month Movie: "" [AS2]

10:00 Sit and Be Fit [AS1] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Freerice.com [AS2] 10:45 Thymeless: Mary Poppins Umbrella Bites / infused Water [AS1] 11:30 Daily Chronicle & Good News [BF] 1:30 Puzzling Parlour [AS2] 2:00 Afternoon Tea Time on Broadway [AS2] 3:00 Classical & Operatic Music by Annie [DR] 4:00 IN2L Games [BF] 6:15 Musical Ball Toss [AS2]	10:00 Theater Experience: "Chicago" [ALT] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Swing & Sway to the Beat [AS1] 10:45 Thymeless: Eclipsed Fruit Wedges 11:30 Daily Chronicle & Good News [BF] 1:30 Ceramics Class with Maria [AS1] 1:30 Essence with Justine [AS2] 2:30 Thymeless: Strike Up The Band Sparkler 3:00 Songs by Heart Music Therapy [AS1] 4:00 Penny Ante Game [AS2] 4:15 Nu-Step Bicycling [FC] 6:15 Eggnog Social [BF]
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9:45 Chair Dancing [AS2] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Thymeless: Human Turkey Tidbits 11:00 Stories Out of a Hat [AS1] 11:30 Daily Chronicle & Good News [BF] 1:30 SPARK: Cognitive Fitness Class [AS1] 1:30 Show Tunes & Hand Massages [AS2] 2:30 Thymeless: Bees Knees Honey Lemonade 3:00 Songs by Heart Music Therapy [AS1] 4:00 Bingo with Suzette [AS2] 4:00 Toss it up - Dice game [AS1] 4:15 Nu-Step Bicycling [FC] 6:15 Sing-Along with Susie Q [AS2]

9:45 Ribbon Dance [AS2] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Who's Got it Card Game [AS2] 10:45 Thymeless: Bright Star Cheddar Bites [BF] 11:30 Daily Chronicle & Good News [BF] 1:30 Bocce Ball [AS2] 1:30 Bookmarks [LIB] 2:30 Thymeless: Hamilton Berry Sweet Refresher 3:00 Songs by Heart Music Therapy [AS1] 4:00 Chair Volleyball [AS2] 4:00 Farkle with Friends [AS1] 4:15 Nu-Step Bicycling [FC] 6:15 Colorful Expressions: Adult Coloring Books [AS1]
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9:45 Sittercise [AS1] 10:15 BROADWAY BINGO [AS1] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Thymeless: King Charles III Mini Sandwiches / Infused Water [AS1] 11:30 Daily Chronicle & Good News [BF] 1:30 Awaken the Senses Sensory Stimulation [AS2] 1:30 Crafter's Corner: [AS2] 2:30 Thymeless: Strawberry Rock Fizz 3:00 Songs by Heart Music Therapy [AS1] 4:00 Bean Bag Toss [AS2] 4:00 LCR Dice Game [AS1] 4:15 Nu-Step Bicycling [FC] 4:30 Go for a Spin Walking Club [BF] 6:15 Balloon Volleyball [AS2]
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9:45 Broadway Tap-Line Exercise [AS2] 10:00 Baker's Club: Harry Potter Treacle Tarts [AS1] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Hat Chat [AS1] 11:30 Daily Chronicle & Good News [BF] 1:30 IN2L- My Page [BF] 1:30 Manicures & Massages [BF] 2:00 Monthly Resident Birthday Party & Ice Cream Social [AS1] 2:30 Thymeless: Color Purple Spritzer [AS1] 3:00 Songs by Heart Music Therapy [AS1] 4:00 Broadway Musical Ball Toss [AS2] 4:00 Sight and Sound Exercise 4:00 Timeslips [AS1] 4:15 Nu-Step Bicycling [FC] 6:15 Broadway Musicals Sing Along [AS1]
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10:00 Sit and Be Fit [AS1] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Chicken Soup for the Soul Listening Hour [AS2] 10:45 Thymeless: Mary Poppins Umbrella Bites / infused Water [AS1] 11:30 Daily Chronicle & Good News [BF] 1:30 Puzzling Parlour [AS2] 2:00 Afternoon Tea Time on Broadway [AS2] 3:00 Classical & Operatic Music by Annie [DR] 4:00 IN2L Games [BF] 6:15 Musical Ball Toss [AS2]	10:00 Theater Experience: "Fiddler on the Roof" [ALT] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Swing & Sway to the Beat [AS1] 10:45 Thymeless: Eclipsed Fruit Wedges 11:30 Daily Chronicle & Good News [BF] 1:30 Ceramics Class with Maria [AS1] 1:30 Essence with Justine [AS2] 2:30 Thymeless: Strike Up The Band Sparkler 3:00 Songs by Heart Music Therapy [AS1] 4:00 Shake Awake Your Taste Game [AS2] 4:15 Nu-Step Bicycling [FC] 6:15 Eggnog Social [BF]
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9:45 Chair Dancing [AS2] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Thymeless: Human Turkey Tidbits 11:00 Stories Out of a Hat [AS1] 11:30 Daily Chronicle & Good News [BF] 1:30 SPARK: Cognitive Fitness Class [AS1] 1:30 Show Tunes & Hand Massages [AS2] 2:30 Thymeless: Bees Knees Honey Lemonade 3:00 Songs by Heart Music Therapy [AS1] 4:00 Bingo with Suzette [AS2] 4:00 The Lucky Duck Card Game [AS1] 4:15 Nu-Step Bicycling [FC] 6:15 Sing-Along with Susie Q [AS2]

9:45 Ribbon Dance [AS2] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 North Shore Horse Races [AS1] 10:45 Thymeless: Bright Star Cheddar Bites [BF] 11:30 Daily Chronicle & Good News [BF] 1:30 Bookmarks [LIB] 1:30 Parachute Fun [AS2] 2:30 Thymeless: Hamilton Berry Sweet Refresher 3:00 Songs by Heart Music Therapy [AS1] 4:00 Chair Volleyball [AS2] 4:00 Farkle with Friends [AS1] 4:15 Nu-Step Bicycling [FC] 6:15 Colorful Expressions: Adult Coloring Books [AS1]
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9:45 Sittercise [AS1] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Higher or Lower Card Game [AS1] 10:30 Thymeless: King Charles III Mini Sandwiches / Infused Water [AS1] 11:30 Daily Chronicle & Good News [BF] 1:30 Awaken the Senses Sensory Stimulation [AS2] 1:30 Crafter's Corner: [AS2] 2:30 Thymeless: Strawberry Rock Fizz 3:00 Songs by Heart Music Therapy [AS1] 4:00 Bean Bag Toss [AS2] 4:00 LCR Dice Game [AS1] 4:15 Nu-Step Bicycling [FC] 4:30 Go for a Spin Walking Club [BF] 6:15 Balloon Volleyball [AS2]

10:00 Chair Fitness [AS1] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Badminton [AS2] 10:30 Thymeless: American Buffalo Chicken Salad / Infused Water 10:30 Walk to the Beat [AS2] 11:30 Daily Chronicle & Good News [BF] 1:30 Aqua Paintings [AS2] 1:30 Coffee Over Conversation with Cake [AS1] 3:00 Happy Hour & LaVerne's Broadway Tunes [AS1] 4:00 Life Saver Word Games [AS2] 4:00 Meditation Circle [AS1] 4:15 Nu-Step Bicycling [FC] 6:15 Theme of the Month Movie: "" [AS2]
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10:00 Sit and Be Fit [AS1] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Freerice.com [AS2] 10:45 Thymeless: Mary Poppins Umbrella Bites / infused Water [AS1] 11:30 Daily Chronicle & Good News [BF] 1:30 Puzzling Parlour [AS2] 2:00 Afternoon Tea Time on Broadway [AS2] 3:00 Classical & Operatic Music by Annie [DR] 4:00 IN2L Games [BF] 6:15 Musical Ball Toss [AS2]	10:00 Theater Experience: "A Chorus Line" [ALT] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Swing & Sway to the Beat [AS1] 10:45 Thymeless: Eclipsed Fruit Wedges 11:30 Daily Chronicle & Good News [BF] 1:30 Ceramics Class with Maria [AS1] 1:30 Essence with Justine [AS2] 2:30 Thymeless: Strike Up The Band Sparkler 3:00 Songs by Heart Music Therapy [AS1] 4:00 My Two Cents Game [AS2] 4:15 Nu-Step Bicycling [FC] 6:15 Eggnog Social [BF]
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9:45 Chair Dancing [AS2] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Thymeless: Human Turkey Tidbits 11:00 Stories Out of a Hat [AS1] 11:30 Daily Chronicle & Good News [BF] 12:00 Lunch Bunch Club at the Grille [G] 1:30 SPARK: Cognitive Fitness Class [AS1] 1:30 Show Tunes & Hand Massages [AS2] 2:30 Thymeless: Bees Knees Honey Lemonade 3:00 Songs by Heart Music Therapy [AS1] 4:00 Bingo with Suzette [AS2] 4:00 Toss it up - Dice game [AS1] 4:15 Nu-Step Bicycling [FC] 6:15 Sing-Along with Susie Q [AS2]

9:45 Ribbon Dance [AS2] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Who's Got it Card Game [AS2] 10:45 Thymeless: Bright Star Cheddar Bites [BF] 11:30 Daily Chronicle & Good News [BF] 1:30 Bocce Ball [AS2] 1:30 Bookmarks [LIB] 2:30 Thymeless: Hamilton Berry Sweet Refresher 3:00 Songs by Heart Music Therapy [AS1] 4:00 Chair Volleyball [AS2] 4:00 Farkle with Friends [AS1] 4:15 Nu-Step Bicycling [FC] 6:15 Colorful Expressions: Adult Coloring Books [AS1]
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9:45 Sittercise [AS1] 10:15 Music Therapy by Guardian Hospice [AS1] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Thymeless: King Charles III Mini Sandwiches / Infused Water [AS1] 11:30 Daily Chronicle & Good News [BF] 1:30 Awaken the Senses Sensory Stimulation [AS2] 1:30 Crafter's Corner: [AS2] 2:30 Thymeless: Strawberry Rock Fizz 3:00 Songs by Heart Music Therapy [AS1] 4:00 Bean Bag Toss [AS2] 4:00 LCR Dice Game [AS1] 4:15 Nu-Step Bicycling [FC] 4:30 Go for a Spin Walking Club [BF] 6:15 Balloon Volleyball [AS2]

9:45 Broadway Tap-Line Exercise [AS2] 10:00 Baker's Club: She Loves Me Hungarian Kiffes [AS1] 10:15 Spa & Beauty Hour with the Care Team [BS] 10:30 Hat Chat [AS1] 11:30 Daily Chronicle & Good News [BF] 1:30 IN2L- My Page [BF] 1:30 Manicures & Massages [BF] 2:30 Thymeless: Color Purple Spritzer [AS1] 3:00 Songs by Heart Music Therapy [AS1] 4:00 Broadway Musical Ball Toss [AS2] 4:00 Sight and Sound Exercise 4:00 Timeslips [AS1] 4:15 Nu-Step Bicycling [FC] 6:15 Broadway Musicals Sing Along [AS1]
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Resident Birthdays

Joyce R. 1/4
Anne N. 1/5
Shirley K. 1/6
Sally B. 1/20

Location Keys

Activity Studio 1 AS1
Activity Studio 2 AS2
Beauty Salon BS
Both Floors BF
Dining Room DR
Fitness Center FC
Grille G
Library LIB
Theater ALT