October 2021 Monthly Activities Tuesday Thursday Friday Sunday Monday Wednesday Saturday October cont'd 9:30 • Morning Exercise [TVMC] 9:30 • Simply Stretch [TVMC] "You may have a fresh start anv 10:00 Music & Word 10:30 Classic TV (IN2L) 9:30 • Holy Name [TVMC] Cathedral Mass moment you choose, 10:15 Tai Chi with Francesca on Zoo 1:00 Karaoke Singalong (IN2L) MEMORY CARE [TVMC] [TVMC] 9:30 Morning Exercise [TVMC] for this thing that we 1:00 Morning Chat: Short Story [Act] Saturday Afternoon Movie 10:30 • Bingo [Act] 1:00 • Have a Laugh! [TVMC] [TVMC] 1:00 • After Lunch with Rick Steves [TVMC] call "failure" is not 3:30 Saturday Snack & Chat [Act] 2:00 Bingo [TVMC] SENIOR LIFESTYLE 3:00 • TGIF Social [Act] 4:00 O Trivia Trivia Trivia [TVMC] 2:00 . Ice Cream Cart the falling down, but 4:00 Sabbath Service [LR] 6:30 • Saturday Night Musical [TVMC] 2:00 Movie Matinee [TVMC] 6:30 Friday Nite at the Movies! 7:00 • Lawrence Welk on Ch 21 4:00 • Good News of the Day [TVMC] the staying down." WWW.SENIORLIFESTYLE.COM 7:00 • Lawrence Welk on Ch 21 Activities are subject to change - Mary Pickford Charlotte's Birthday 9 6 9:30 Holy Name 9:30 Sit Down & Tone 9:30 Morning Exercise 9:30 Stronger Seniors 9:30 Morning Exercise 9:30 Simply Stretch 9:30 Morning Exercise Cathedral Mass Exercise [TVMC] Up [TVMC] [TVMC] [TVMC] [TVMC] [TVMC] (Ch 7) Dice Games: Five 10:00 10:00 O Rhyming Bingo 0:00 O Build a Bear - Word 10:00 Music & Word 10:30 Classic TV (IN2L) This Week in 9:30 Morning Exercise [TVMC] Alive [TVMC] History [TVMC] Game [TVMC] Games [Act] [TVMC] Tai Chi with Francesca on Zoom Tai Chi with Francesca on Zoom 1:00 • Reminisce [TVMC] 1:00 Karaoke Singalong (IN2L) 10:30 • Bingo [Act] 11:00 Dominos [Act] 10:15 10:15 Tai Chi with Francesca on Zoon 1:00 • After Lunch with Rick Steves [TVMC] LINCOLNWOOD [TVMC] [TVMC] [TVMC] 1:00 • Karaoke Singalong (IN2L) [TVMC] 1:00 • Classical Music Hour [Act] [TVMC] 11:00 • Who/What Am I? [TVMC] 11:00 Balloon Volleyball [Act] 1:00 Morning Chat: Star of the Mont 2:00 Saturday Afternoon Movie 1:30 • Thursday Concert Series [C] **PLACE** 2:00 • Bingo [Act] [TVMC] 2:00 • Ice Cream Cart 1:00 • Craft & Color: Card Making [Act] 1:00 • After Lunch with Rick Steves 2:30 • Thursday Matinee Movie 2:00 Movie Matinee [TVMC] 2:00 Picture This [TVMC] [TVMC] 1:00 • Have a Laugh! [TVMC] Saturday Snack & Chat [Act] 3:30 • Fresh Fruit & Juice 3:00 Rootheer Float Social a Senior Lifestyle community 4:00 . Good News of the Day [TVMC] 3:00 Biography & Beverages [TVMC] 4:00 • Drama Club [TVMC] 2:00 • Card Games: Go Fish [TVMC] 2:00 Bingo [TVMC] 4:00 O Trivia Trivia Trivia [TVMC] 4:00 Spa Time [Act] 7:00 • Lawrence Welk on Ch 21 4:00 O LWP Game Show! [TVMC] 3:00 • Cookies & Coke 3:00 • TGIF Social [Act] 6:30 Saturday Night Musical [TVMC] 6:00 Rowan & Martin's Laugh-In Ch 6:00 O America Says on Ch 161 [TVMC] 4:00 O Crossword Puzzles [TVMC] 7:00 • Lawrence Welk on Ch 21 6:00 Monday Night Movie [TVMC] 359 [TVMC] 4:00 • Sabbath Service [LR] 6:30 • Friday Nite at the Movies! 6:30 • Wheel of Fortune Ch 7 [TVMC] Columbus Day 9:30 • Holy Name 9:30 Sit Down & Tone 9:30 Morning Exercise 9:30 Simply Stretch 9:30 Morning Exercise 9:30 Stronger Seniors 9:30 Morning Exercise Cathedral Mass (Ch 7) Up [TVMC] [TVMC] Exercise [TVMC] [TVMC] 10:00 Dice Games: Bunco 10:00 This Week in 10:00 Math Bingo [Act] 10:00 O Boggle - Mixed-up 10:00 • Music & Word 10:30 O Classic TV (IN2L) CONNECT 9:30 Morning Exercise [TVMC] History [TVMC] Words [TVMC] Tai Chi with Francesca on Zoom Games [Act] [TVMC] 1:00 • Reminisce [TVMC] CONTRIBUTE 10:30 • Bingo [Act] Tai Chi with Francesca on Zoom 11:00 O Crosswords & Word Searches [TVMC] 10:15 Tai Chi with Francesca on Zoor 1:00 • Karaoke Singalong (IN2L) 11:00 Bean Bag Toss [TVMC] 1:00 • Classical Music Hour [Act] TVMC] [TVMC] 1:00 • After Lunch with Rick Steves [TVMC] [Act] 11:00 • Who/What Am I? [TVMC] 1:00 • Karaoke Singalong (IN2L) 1:00 • After Lunch with Rick Steves 1:30 • Thursday Concert Series [C] 11:00 • Morning Chat: Remember This 2:00 Saturday Afternoon Movie FEEL 2:00 • Ice Cream Cart 1:00 • Arts & Crafts: Beads & Bracelets [TVMC] [TVMC] [TVMC] [TVMC] 2:30 Thursday Matinee Movie GROW 2:00 • Bingo [Act] 3:30 Saturday Snack & Chat [Act] 2:00 Movie Matinee [TVMC] 2:00 • Let's Play Cards [Act] 1:00 • Have a Laugh! [TVMC] 3:00 Rootheer Float Social 2:00 EZ Music [TVMC] 4:00 Good News of the Day [TVMC] 3:30 Fresh Fruit & Juice 3:00 • Cookies & Coke 2:00 Bingo [TVMC] 4:00 Trivia Trivia Trivia [TVMC] MOVE 3:00 • Biography & Beverages [TVMC] 4:00 O Scattergories [TVMC] 3:00 • TGIF Social [Act] 6:30 Saturday Night Musical [TVMC] 7:00 • Lawrence Welk on Ch 21 4:00 O Scattergories [Act] 6:00 America Says on Ch 161 [TVMC] 4:00 O Spelling Bee [TVMC] [TVMC] 4:00 O LWP Game Show! [TVMC] 6:30 • Wheel of Fortune Ch 7 [TVMC] 4:00 • Sabbath Service [LR] 7:00 • Lawrence Welk on Ch 21 REFLECT 6:00 • Rowan & Martin's Laugh-In Ch 359 [TVMC] 6:30 Friday Nite at the Movies! 6:00 Monday Night Movie [TVMC] 18 9:30 Holy Name 9:30 Sit Down & Tone 9:30 Morning Exercise 9:30 Morning Exercise 9:30 Simply Stretch 9:30 • Stronger Seniors 9:30 Morning Exercise Cathedral Mass Up [TVMC] [TVMC] Exercise [TVMC] [TVMC] [TVMC] [TVMC] (Ch 7) 10:00 • Morning Chat: Travelogue [TVMC] Dice Games 10:00 • This Week in 10:00 Card Bingo [Act] 10:00 • Group Crossword [TVMC] 10:30 • Classic TV (IN2L) [TVMC] 9:30 Morning Exercise [TVMC] History [TVMC] Yahtzee [Act] 10:15 Tai Chi with Francesca on Zoor 11:00 O Scrabble: 21 Tiles [TVMC] 1:00 • Reminisce [TVMC] 10:00 Music & Word Games [Act] 10:30 • Bingo [Act] Tai Chi with Francesca on Zoom 1:00 • Karaoke Singalong (IN2L) 1:00 • After Lunch with Rick Steves 1:00 • Karaoke Singalong (IN2L) 11:00 Bocce Ball [TVMC] 1:00 • Classical Music Hour [Act] 10:15 Tai Chi with Francesca on Zoo [TVMC] Who/What Am I? [TVMC] [TVMC] [TVMC] Saturday After 1:00 • After Lunch with Rick Steves 1:30 Thursday Concert Series [C] 2:00 • Ice Cream Cart 1:00 • Color Me Mandala [Act] 2:00 • Bingo [Act] [TVMC] 1:00 • Have a Laugh! [TVMC] [TVMC] 2:30 • Thursday Matinee Movie 3:30 Saturday Snack & Chat [Act] 2:00 Movie Matinee [TVMC] 2:00 O Puzzles & Ponderings [Act] 3:30 • Fresh Fruit & Juice 2:00 • Let's Play Cards [Act] 3:00 Rootbeer Float Social 2:00 Bingo [TVMC] 4:00 O Trivia Trivia Trivia [TVMC] 4:00 • Good News of the Day [TVMC] 3:00 • Biography & Beverages [TVMC] 4:00 O Math Quiz [TVMC] 3:00 • Cookies & Coke 4:00 • Spa Time [Act] 3:00 • TGIF Social [Act] 6:30 Saturday Night Musical [TVMC] 7:00 • Lawrence Welk on Ch 21 4:00 O LWP Game Show! [TVMC] 6:00 • Rowan & Martin's Laugh-In Ch 4:00 O Build a Bear - Word Game 4:00 • Sabbath Service [LR] 6:00 America Says on Ch 161 [TVMC 7:00 • Lawrence Welk on Ch 21 [TVMC] 6:30 Friday Nite at the Movies! 6:00 Monday Night Movie [TVMC] [TVMC] 6:30 • Wheel of Fortune Ch 7 [TVMC] **Location Keys** Activity Room - MC Act COURTYARD Dining Room DR 9:30 • Holy Name 9:30 • Sit Down & Tone 9:30 • Morning Exercise 9:30 Stronger Seniors Exercise [TVMC] 9:30 Morning Exercise 9:30 Simply Stretch 9:30 • Morning Exercise Living Room - MC LR Cathedral Mass (Ch 7) Up [TVMC] [TVMC] [TVMC] [TVMC] [TVMC] TV Room - MC **TVMC** Classic TV (IN2L) Dice Games: Five 10:00 This Week in 10:00 O Rhyming Bingo 10:00 Music & Word 10:30 10:15 O Scattergories History [TVMC] [TVMC] [TVMC] 9:30 Morning Exercise [TVMC] Games [Act] Alive [TVMC] 10:30 • Bingo [Act] Tai Chi with Francesca on Zoom 11:00 O Jigsaw Puzzles [Act] Tai Chi with Francesca on Zoom 1:00 • Reminisce [TVMC] Tai Chi with Francesca on Zoon 1:00 Karaoke Singalong (IN2L) [TVMC] 1:00 • After Lunch with Rick Steves 12:00 • Pizza Party [DR] [TVMC] 1:00 • Classical Music Hour [Act] [TVMC] [TVMC] 11:00 • Balloon Volleyball [Act] Saturday Afternoon Movie 1:00 Who/What Am I? [TVMC] 1:15 • Resident Council Meeting [LR] [TVMC] 1:00 • Karaoke Singalong (IN2L) 1:30 • Thursday Concert Series [C] 1:00 • After Lunch with Rick Steves [TVMC] [TVMC] 2:00 • Ice Cream Cart 1:00 • Color & Craft: Door Decor [Act] [TVMC] 2:30 • Thursday Matinee Movie 1:00 • Have a Laugh! [TVMC] 3:30 Saturday Snack & Chat [Act] 2:00 • Movie Matinee [TVMC] 2:00 • Bingo [Act] 2:00 • Reminiscence with the Senses 2:00 Bingo [TVMC] 3:00 Rootbeer Float Social 2:00 • Let's Play Cards [Act] 4:00 O Trivia Trivia Trivia [TVMC] 4:00 • Good News of the Day [TVMC] [TVMC] 3:30 • Fresh Fruit & Juice 2:00 O School Time: Literature [TVMC] 4:00 • Spa Time [Act] 3:00 Biography & Beverages [TVMC] 6:30 Saturday Night Musical [TVMC] 3:00 • Cookies & Coke 7:00 • Lawrence Welk on Ch 21 6:00 America Says on Ch 161 [TVMC 4:00 O Geography [TVMC] 3:00 • Halloween Social Hour [Act] 4:00 O LWP Game Show! [TVMC] 6:00 Rowan & Martin's Laugh-In Ch 359 [TVMC] 4:00 O Boggle - Mixed-up Words 7:00 • Lawrence Welk on Ch 21 4:00 • Sabbath Service [LR] 6:00 Monday Night Movie [TVMC] 6:30 Friday Nite at the Movies! 6:30 • Wheel of Fortune Ch 7 [TVMC] Continued at