



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

Location Keys

Activity Room	Act
Lobby	Lob
TV Room	TV
TV Room on 1st Floor	TV1

7000 N. McCormick
Lincolnwood, IL 60712
(847) 686-4739

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
“Do the best you can until you know better. Then when you know better, do better.” – Maya Angelou	9:00 ● Sit Down & Tone Up [TV] 1 10:00 ● Monday Morning Movie [TV] 2:00 ● Bingo [Act] 3:00 ● Juice & “Jeopardy” Social [TV] 4:00 ● Singalong w/ Mike [TV1] 6:30 ● Monday Night Movie [TV]	9:00 ● Chair Dancing Celebration [TV] 2 10:00 ● Math Bingo [Act] 11:00 ● Scrabble: 21 Tiles [Act] 2:00 ● Arts & Crafts [Act] 3:00 ● Chips & Salsa Social [Act] 4:00 ● Spa Time [TV] 6:30 ● “Wheel of Fortune” Ch 7 [TV]	9:00 ● Stronger Seniors Exercise [TV] 3 10:00 ● Scattergory Category [TV] 11:00 ● Wednesday Morning Bingo [Act] 1:30 ● Scenic Drive 2:00 ● Travel Video [TV] 3:00 ● High Tea: Afternoon Social [Act] 4:00 ● 1:1 Aromatherapy 6:30 ● What’s Your Story? DIY [Act]	Independence Day 4 9:00 ● Chair Yoga [TV] 10:00 ● Beach Ball Toss & Kick [Lob] 11:00 ● Songs By Heart [Lob] 2:00 ● 4th of July Celebration [Act] 3:00 ● Thursday Matinee Movie [TV] 4:00 ● Jigsaw Puzzles [Act] 6:30 ● Cranium Crunches [Act]	9:00 ● Simply Stretch [TV] 5 10:00 ● Musical Memories [TV] 11:00 ● Morning Chat: Who Am I? [TV] 2:00 ● Friday Bingo [Act] 3:00 ● TGIF Social [Act] 3:30 ● “Jeopardy!” Ch. 7 [TV] 4:00 ♡ Sabbath Service [Lob] 6:30 ● Friday Nite at the Movies! [TV]	DIY Color Me Peaceful Pages 6 9:00 ● Morning Exercise [TV] 10:00 ● Word Search [Act] 11:00 ● Bingo [Act] 2:30 ● Bob Kalal: Guitar & Banjo [Lob] 4:00 ● Saturday Social Hour [Lob] 6:30 ● Saturday Night Musical [TV]	
	9:00 ● Morning Exercise [TV] 7 10:00 ● Word Games & Puzzles [Act] 10:45 ♡ Catholic Communion Service [Lob] 11:00 ● Mental Aerobics [TV] 2:00 ● Ice Cream Cart 3:00 ● Sunday Matinee [TV] 6:30 ● Sunday Documentary [TV]	9:00 ● Sit Down & Tone Up [TV] 8 10:00 ● Spelling Bee! [TV] 10:45 ● Sue’s Party Animals [Lob] 2:00 ● Bingo [Act] 3:00 ● Juice & “Jeopardy” Social [TV] 4:00 ● Singalong w/ Mike [TV1] 6:30 ● Monday Night Movie [TV]	9:00 ● Chair Dancing Celebration [TV] 9 10:00 ● TED Talks [TV] 11:00 ● Color Me Mandala [Act] 2:00 ● Dominos [Act] 3:00 ● Chips & Salsa Social [Act] 4:00 ● Spa Time [TV] 6:30 ● “Wheel of Fortune” Ch 7 [TV]	9:00 ● Stronger Seniors Exercise [TV] 10 10:00 ● Hangman [TV] 11:00 ● Jim Kendros on Piano [Lob] 2:00 ● Let’s Play Cards [Act] 3:00 ● High Tea: Afternoon Social [Act] 4:00 ● 1:1 Hand Massage 6:30 ● What’s Your Story? DIY [Act]	9:00 ● Chair Yoga [TV] 11 10:00 ● Parachute Fun [Lob] 11:00 ● Songs By Heart [Lob] 12:00 ● Let’s Go Out to Lunch [Act] 2:00 ● Thursday Matinee Movie [TV] 3:20 ● 3-2-1 Rootbeer Floats [Act] 4:00 ● Jigsaw Puzzles [Act] 6:30 ● Words, Words, Words [Act]	9:00 ● Simply Stretch [TV] 12 10:00 ● Musical Memories [TV] 11:00 ● Morning Chat: Short Story [Act] 2:00 ● Friday Bingo [Act] 3:00 ● TGIF Social [Act] 3:30 ● “Jeopardy!” Ch. 7 [TV] 4:00 ♡ Sabbath Service w/ Rabbi Bossov [Lob] 6:30 ● Friday Nite at the Movies! [TV]	DIY Color Me Peaceful Pages 13 9:00 ● Morning Exercise [TV] 10:00 ● Word Search [Act] 11:00 ● Bingo [Act] 2:30 ● Marina Ozaki: Singalong & Piano [Lob] 4:00 ● Saturday Social Hour [Lob] 6:30 ● Saturday Night Musical [TV]
	9:00 ● Morning Exercise [TV] 14 10:00 ● Word Games & Puzzles [Act] 10:45 ♡ Catholic Communion Service [Lob] 11:00 ● Blackjack [Act] 2:00 ● Ice Cream Cart 3:00 ● Sunday Matinee [TV] 6:30 ● Sunday Documentary [TV]	9:00 ● Sit Down & Tone Up [TV] 15 10:00 ● Group Crossword [TV] 11:15 ● Storytelling with Sandy B [Lob] 2:00 ● Bingo [Act] 3:00 ● Juice & “Jeopardy” Social [TV] 4:00 ● Singalong w/ Mike [TV1] 6:30 ● Monday Night Movie [TV]	9:00 ● Chair Dancing Celebration [TV] 16 10:00 ● Know Your Vocabulary [Lob] 11:00 ● Heather Braoudakis: Singing [Lob] 2:00 ● Arts & Crafts [Act] 3:00 ● Chips & Salsa Social [Act] 4:00 ● Spa Time [TV] 6:30 ● “Wheel of Fortune” Ch 7 [TV]	9:00 ● Stronger Seniors Exercise [TV] 17 10:00 ● Math Quiz [Lob] 11:00 ● Scrabble: 21 Tiles [Act] 2:00 ● Dice Games [Act] 3:00 ● High Tea: Afternoon Social [Act] 4:00 ● 1:1 Aromatherapy 6:30 ● What’s Your Story? DIY [Act]	9:00 ● Chair Yoga [TV] 18 10:00 ● Beach Ball Toss & Kick [Lob] 11:00 ● Songs By Heart [Lob] 1:30 ● Scenic Drive 2:00 ● Thursday Matinee Movie [TV] 3:20 ● 3-2-1 Rootbeer Floats [Act] 4:00 ● Jigsaw Puzzles [Act] 6:30 ● Cranium Crunches [Act]	9:00 ● Simply Stretch [TV] 19 10:00 ● Musical Memories [TV] 11:00 ● Morning Chat: Remembering Apollo 11 [TV] 2:00 ● Friday Bingo [Act] 3:00 ● TGIF Social [Act] 3:30 ● “Jeopardy!” Ch. 7 [TV] 4:00 ♡ Sabbath Service w/ Rabbi Bossov [Lob] 6:30 ● Friday Nite at the Movies! [TV]	DIY Color Me Peaceful Pages 20 9:00 ● Morning Exercise [TV] 10:00 ● Word Search [Act] 11:00 ● Bingo [Act] 2:30 ● Patrick Woods: Piano [Lob] 4:00 ● Saturday Social Hour [Lob] 6:30 ● Saturday Night Musical [TV]
	9:00 ● Morning Exercise [TV] 21 10:00 ● Word Games & Puzzles [Act] 10:45 ♡ Catholic Communion Service [Lob] 11:00 ● Mental Aerobics [TV] 2:00 ● Ice Cream Cart 3:00 ● Sunday Matinee [TV] 6:30 ● Sunday Documentary [TV]	9:00 ● Sit Down & Tone Up [TV] 22 10:00 ● Trivia Trivia: all about the Moon [Lob] 10:45 ● Sue’s Party Animals [Lob] 2:00 ● Bingo [Act] 3:00 ● Juice & “Jeopardy” Social [TV] 4:00 ● Singalong w/ Mike [TV1] 6:30 ● Monday Night Movie [TV]	9:00 ● Chair Dancing Celebration [TV] 23 10:00 ● TED Talks [TV] 11:00 ● Color Me Mandala [Act] 12:00 ● Pizza Party [Act] 2:00 ● Dominos [Act] 3:00 ● Chips & Salsa Social [Act] 4:00 ● Spa Time [TV] 6:30 ● “Wheel of Fortune” Ch 7 [TV]	9:00 ● Stronger Seniors Exercise [TV] 24 10:00 ● Boogie: Mixed Up Words [Lob] 11:00 ● Eleanor Warrington: Singalong & Slides [Lob] 2:00 ● Let’s Play Cards [Act] 3:00 ● High Tea: Afternoon Social [Act] 4:00 ● 1:1 Hand Massage 6:30 ● What’s Your Story? DIY [Act]	9:00 ● Chair Yoga [TV] 25 10:00 ● Seated Line Dancing w/ Louie [Lob] 11:00 ● Songs By Heart [Lob] 1:30 ● Scenic Drive 2:00 ● Thursday Matinee Movie [TV] 3:20 ● 3-2-1 Rootbeer Floats [Act] 4:00 ● Jigsaw Puzzles [Act] 6:30 ● Words, Words, Words [Act]	9:00 ● Simply Stretch [TV] 26 10:00 ● Musical Memories [TV] 11:00 ● Resident Council Meeting [Lob] 2:00 ● Friday Bingo [Act] 3:00 ● TGIF Social [Act] 3:30 ● “Jeopardy!” Ch. 7 [TV] 4:00 ♡ Sabbath Service w/ Rabbi Bossov [Lob] 6:30 ● Friday Nite at the Movies! [TV]	DIY Color Me Peaceful Pages 27 9:00 ● Morning Exercise [TV] 10:00 ● Word Search [Act] 11:00 ● Bingo [Act] 2:30 ● Saturday Matinee [Lob] 4:00 ● Saturday Social Hour [Lob] 6:30 ● Saturday Night Musical [TV]
	9:00 ● Morning Exercise [TV] 28 10:00 ● Word Games & Puzzles [Act] 10:45 ♡ Catholic Communion Service [Lob] 11:00 ● Blackjack [Act] 2:00 ● Ice Cream Cart 3:00 ● Sunday Matinee [TV] 6:30 ● Sunday Documentary [TV]	9:00 ● Sit Down & Tone Up [TV] 29 10:00 ● Group Crossword [TV] 11:00 ● Travelogue [TV] 2:00 ● Bingo [Act] 3:00 ● Juice & “Jeopardy” Social [TV] 4:00 ● Singalong w/ Mike [TV1] 6:30 ● Monday Night Movie [TV]	9:00 ● Chair Dancing Celebration [TV] 30 10:00 ● Word Puzzles [Act] 11:00 ● Scrabble: 21 Tiles [Act] 2:00 ● Arts & Crafts [Act] 3:00 ● Chips & Salsa Social [Act] 4:00 ● Spa Time [TV] 6:30 ● “Wheel of Fortune” Ch 7 [TV]	9:00 ● Stronger Seniors Exercise [TV] 31 10:00 ● Geography [Lob] 11:00 ● Steve Justman: Guitar [Lob] 2:00 ● Dice Games [Act] 3:00 ● High Tea: Afternoon Social [Act] 4:00 ● 1:1 Aromatherapy 6:30 ● What’s Your Story? DIY [Act]			