calendar & activities
JAN 2020

MEMORY CARE embrace BY SENIOR LIFESTYLE

Legend
- 🔵 CONNECT
- 🟣 CONTRIBUTE
- 🔴 FEEL
- 🟠 GROW
- 🟢 MOVE
- 🟪 REFLECT
- 🦋 Spiritual

Location Keys
Activity Room	Act
Dining Room	DR
Lobby	Lob
TV Room	TV
TV Room on 1st Floor	TV1

Resident Birthdays
Irma P. 1/9

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

(Decorative "JAN" snow lettering with snowmen)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day 9:00 Stronger Seniors Exercise [TV] 10:00 Rose Bowl Parade [TV] 11:00 **New Year's Day Trivia [TV]** 1:00 After Lunch with Rick Steves [TV] 2:00 Dice Games [Act] 3:00 Movie Matinee [TV] 6:30 What's Your Story? DIY [Act]	**2** 9:00 Chair Yoga [TV] 10:00 Beach Ball Toss & Kick [Lob] 11:00 **Songs By Heart [Lob]** 1:00 Reminiscence with Pictures [TV] 1:30 Scenic Drive 2:00 Thursday Matinee Movie [TV] 3:20 3-2-1 Rootbeer Floats [Act] 4:00 Guided Mediation (IN2L) [Act] 6:30 Cranium Crunches [Act]	**3** 9:00 Simply Stretch [TV] 10:00 Musical Memories [TV] 11:00 Who What When [TV] 1:00 After Lunch with Rick Steves [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]	**4** DIY Color Me Peaceful Pages 9:00 Morning Exercise [TV] 10:00 Crossword Puzzles [Act] 11:00 Bingo [Act] 1:00 IN2L Games [TV] 2:30 **Vince Micari: Piano [Lob]** 4:00 Saturday Social Hour [Lob] 6:30 Saturday Night Musical [TV]
5 9:00 Morning Exercise [TV] 10:00 Word Games & Puzzles [Act] 10:45 🦋 Catholic Communion Service [Lob] 11:15 Mental Aerobics [TV] 1:00 After Lunch with Rick Steves [TV] 2:00 Ice Cream Cart 2:00 Sunday Matinee [TV] 3:45 Good News of the Day [TV] 6:30 Sunday Night Movie [TV]	**6** 9:00 Sit Down & Tone Up [TV] 10:00 21 Tiles: Scrabble [Act] 11:00 Math Quiz [TV] 1:00 Spa Time [Act] 2:00 Bingo Banaza! [Lob] 3:00 Music & Munchies [Lob] 3:30 Family Fued (IN2L) [Lob] 6:30 Monday Night Movie [TV]	**7** 9:00 Chair Dancing Celebration [TV] 10:00 This Week in History [Lob] 11:00 **Heather Braoudakis: Singing [Lob]** 1:00 Classical Music Hour [TV] 2:00 Arts & Crafts [Act] 3:00 Hydration Station & 1-on-1 [Act] 4:00 **Singalong w/ Mike [TV1]** 6:30 "Wheel of Fortune" Ch 7 [TV]	**8** 9:00 Stronger Seniors Exercise [TV] 10:00 Hangman [TV] 11:00 Math Bingo [Act] 1:00 After Lunch with Rick Steves [TV] 1:00 Let's Play Cards [Act] 3:00 Color Me Mandala Social [Act] 3:30 Geography [TV] 6:30 What's Your Story? DIY [Act]	**9** Irma's Birthday 9:00 Chair Yoga [TV] 10:00 Parachute Fun [Lob] 11:00 **Songs By Heart [Lob]** 12:00 Let's Go Out to Lunch 1:00 Reminiscence with Pictures [TV] 2:00 Thursday Matinee Movie [TV] 3:00 Irma's Birthday Celebration 3:20 3-2-1 Rootbeer Floats [Act] 4:00 Guided Mediation (IN2L) [Act] 6:30 Words, Words, Words [Act]	**10** 9:00 Simply Stretch [TV] 10:00 Musical Memories [TV] 11:00 Short Story Read Around [TV] 1:00 After Lunch with Rick Steves [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]	**11** DIY Color Me Peaceful Pages 9:00 Morning Exercise [TV] 10:00 Crossword Puzzles [Act] 11:00 Bingo [Act] 1:00 IN2L Games [TV] 2:30 **Featured Entertainer [Lob]** 4:00 Saturday Social Hour [Lob] 6:30 Saturday Night Musical [TV]
12 9:00 Morning Exercise [TV] 10:00 Word Games & Puzzles [Act] 10:45 🦋 Catholic Communion Service [Lob] 11:15 Blackjack [Act] 1:00 After Lunch with Rick Steves [TV] 2:00 Ice Cream Cart 2:00 Sunday Matinee [TV] 3:45 Good News of the Day [TV] 6:30 Sunday Night Movie [TV]	**13** 9:00 Sit Down & Tone Up [TV] 10:00 Spelling Bee! [Lob] 10:45 **Sue's Party Animals [Lob]** 1:00 Spa Time [Act] 2:00 Bingo Banaza! [Lob] 3:00 Music & Munchies [Lob] 3:30 Family Fued (IN2L) [Lob] 6:30 Monday Night Movie [TV]	**14** 9:00 Chair Dancing Celebration [TV] 10:00 Tuesday Morning Movie [TV] 11:00 Classical Music Hour [TV] 2:00 Group Crossword [TV] 2:00 Men's Group [Lob] 3:00 Hydration Station & 1-on-1 [Act] 4:00 **Singalong w/ Mike [TV1]** 6:30 "Wheel of Fortune" Ch 7 [TV]	**15** 9:00 Stronger Seniors Exercise [TV] 10:00 Know Your Vocabulary [Lob] 11:00 **Featured Entertainer [Lob]** 1:00 After Lunch with Rick Steves [TV] 2:00 Dice Games [Act] 3:00 Color Me Mandala Social [Act] 3:30 Trivia, Trivia, Trivia [TV] 6:30 What's Your Story? DIY [Act]	**16** 9:00 Chair Yoga [TV] 10:00 Beach Ball Toss & Kick [Lob] 11:00 **Songs By Heart [Lob]** 1:00 Reminiscence with Pictures [TV] 1:30 Scenic Drive 2:00 Thursday Matinee Movie [TV] 3:00 3-2-1 Rootbeer Floats [Act] 4:00 **Drum Circle with Alex [Lob]** 6:30 Cranium Crunches [Act]	**17** 9:00 Simply Stretch [TV] 10:00 Musical Memories [TV] 11:00 Travelogue [TV] 1:00 After Lunch with Rick Steves [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]	**18** DIY Color Me Peaceful Pages 9:00 Morning Exercise [TV] 10:00 Crossword Puzzles [Act] 11:00 Bingo [Act] 1:00 IN2L Games [TV] 3:00 **Eleanor Warrington: Slides & Singalong [Lob]** 4:00 Saturday Social Hour [Lob] 6:30 Saturday Night Musical [TV]
19 9:00 Morning Exercise [TV] 10:00 Word Games & Puzzles [Act] 10:45 🦋 Catholic Communion Service [Lob] 11:15 Mental Aerobics [TV] 1:00 After Lunch with Rick Steves [TV] 2:00 Ice Cream Cart 2:00 Sunday Matinee [TV] 3:45 Good News of the Day [TV] 6:30 Sunday Night Movie [TV]	**20** Martin Luther King, Jr. Day 9:00 Sit Down & Tone Up [TV] 10:00 Group Crossword [TV] 11:30 **Storytelling with Sandy B [Lob]** 1:00 Spa Time [Act] 2:00 Bingo Banaza! [Lob] 3:00 Music & Munchies [Lob] 3:30 Family Fued (IN2L) [Lob] 6:30 Monday Night Movie [TV]	**21** 9:00 Chair Dancing Celebration [TV] 10:00 Tuesday Morning Movie [TV] 11:00 Classical Music Hour [TV] 2:00 Arts & Crafts [Act] 3:00 Hydration Station & 1-on-1 [Act] 4:00 **Singalong w/ Mike [TV1]** 6:30 "Wheel of Fortune" Ch 7 [TV]	**22** 9:00 Stronger Seniors Exercise [TV] 10:00 Boogle: Mixed Up Words [Lob] 11:00 **Steve Justman: Guitar [Act]** 1:00 After Lunch with Rick Steves [TV] 2:00 Let's Play Cards [Act] 3:00 Color Me Mandala Social [Act] 3:30 Geography [TV] 6:30 What's Your Story? DIY [Act]	**23** 9:00 Chair Yoga [TV] 10:00 **Seated Line Dancing w/ Louie [Lob]** 11:00 **Songs By Heart [Lob]** 1:00 Reminiscence with Pictures [TV] 1:30 Scenic Drive 2:00 Thursday Matinee Movie [TV] 3:20 3-2-1 Rootbeer Floats [Act] 4:00 Guided Mediation (IN2L) [Act] 6:30 Words, Words, Words [Act]	**24** 9:00 Simply Stretch [TV] 10:00 Musical Memories [TV] 11:00 Who What When [TV] 1:00 After Lunch with Rick Steves [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]	**25** Chinese New Year DIY Color Me Peaceful Pages 9:00 Morning Exercise [TV] 10:00 Crossword Puzzles [Act] 11:00 Bingo [Act] 1:00 IN2L Games [TV] 2:30 **Yan Skladman [Lob]** 4:00 Saturday Social Hour [Lob] 6:30 Saturday Night Musical [TV]
26 9:00 Morning Exercise [TV] 10:00 Word Games & Puzzles [Act] 10:45 🦋 Catholic Communion Service [Lob] 11:15 Blackjack [Act] 1:00 After Lunch with Rick Steves [TV] 2:00 Ice Cream Cart 2:00 Sunday Matinee [TV] 3:45 Good News of the Day [TV] 6:30 Sunday Night Movie [TV]	**27** 9:00 Sit Down & Tone Up [TV] 10:00 Rhyme Thyme [Act] 10:45 **Sue's Party Animals [Lob]** 1:00 Spa Time [Act] 2:00 Bingo Banaza! [Lob] 3:00 Music & Munchies [Lob] 3:30 Family Fued (IN2L) [Lob] 6:30 Monday Night Movie [TV]	**28** 9:00 Chair Dancing Celebration [TV] 10:00 Tuesday Morning Movie [TV] 12:00 **Pizza Party [DR]** 1:00 Classical Music Hour [TV] 2:00 Group Crossword [TV] 3:00 Hydration Station & 1-on-1 [Act] 4:00 **Singalong w/ Mike [TV1]** 6:30 "Wheel of Fortune" Ch 7 [TV]	**29** 9:00 Stronger Seniors Exercise [TV] 10:00 Geography [Lob] 11:00 **Featured Entertainer [Lob]** 1:00 After Lunch with Rick Steves [TV] 2:00 Dice Games [Act] 3:00 Color Me Mandala Social [Act] 3:30 Trivia, Trivia, Trivia [TV] 6:30 What's Your Story? DIY [Act]	**30** 9:00 Chair Yoga [TV] 10:00 **Seated Line Dancing w/ Louie [Lob]** 11:00 **Songs By Heart [Lob]** 1:00 Reminiscence with Pictures [TV] 1:30 Scenic Drive 2:00 Thursday Matinee Movie [TV] 3:20 3-2-1 Rootbeer Floats [Act] 4:00 Guided Mediation (IN2L) [Act] 6:30 Cranium Crunches [Act]	**31** 9:00 Simply Stretch [TV] 10:00 Musical Memories [TV] 11:00 Resident Council Meeting [Lob] 1:00 After Lunch with Rick Steves [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]