

calendar & activities  
**OCT 2019**



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

**Location Keys**

Activity Room	Act
Dining Room	DR
LWP - Independent Living	LWP
Lobby	Lob
TV Room	TV
TV Room on 1st Floor	TV1

**Resident Birthdays**

Kay T.	10/2
Nels L.	10/10

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

**Monthly Calendar**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		<b>Rosh Hashanah</b> 9:00 ● Chair Dancing Celebration [TV] 10:00 ● Math Bingo [Act] 11:00 ● Scrabble: 21 Tiles [Act] 1:00 ● Karaoke Singalong [TV] 2:00 ● Arts & Crafts [Act] 3:00 ● Chips & Salsa Social [Act] 3:30 ● Dominos [Act] 4:30 ● Rosh Hashanah with Chicago Mitzvah Campaign [Lob] 6:30 ● "Wheel of Fortune" Ch 7 [TV]	<b>Kay's Birthday</b> 9:00 ● Stronger Seniors Exercise [TV] 10:00 ● Scattergory Category [Lob] 11:00 ● <b>Yan Skladman on Piano [Lob]</b> 1:00 ● Spa Time [TV] 2:00 ● Let's Play Cards [Act] 3:00 ● Afternoon Social: Smoothies [Act] 3:30 ● Geography [TV] 6:30 ● What's Your Story? DIY [Act]	9:00 ● Chair Yoga [TV] 10:00 ● Beach Ball Toss & Kick [Lob] 11:00 ● <b>Songs By Heart [Lob]</b> 1:00 ● Reminiscence with Pictures [TV] 2:00 ● <b>Thursday Matinee Movie [TV]</b> 3:20 ● 3-2-1 Rootbeer Floats [Act] 4:00 ● <b>Guided Meditation (IN2L) [Act]</b> 6:30 ● Words, Words, Words [Act]	9:00 ● Simply Stretch [TV] 10:00 ● Musical Memories [TV] 11:00 ● Morning Chat [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 ● <b>Sabbath Service w/ Rabbi Bossov [Lob]</b> 6:30 ● <b>Friday Nite at the Movies! [TV]</b>	<b>DIY Color Me Peaceful Pages</b> 9:00 ● Morning Exercise [TV] 10:00 ● Word Search [Act] 11:00 ● Bingo [Act] 1:00 ● Karaoke Singalong [TV] 2:30 ● <b>Bob Kalai: Guitar &amp; Banjo [Lob]</b> 4:00 ● Saturday Social Hour [Lob] 6:30 ● Saturday Night Musical [TV]
9:00 ● Morning Exercise [TV] 10:00 ● Word Games & Puzzles [Act] 10:45 ● Catholic Communion Service [Lob] 11:00 ● Blackjack [Act] 1:00 ● After Lunch with Rick Steves [TV] 2:00 ● Ice Cream Cart 3:00 ● <b>Sunday Matinee [TV]</b> 6:30 ● <b>Sunday Documentary [TV]</b>	9:00 ● Sit Down & Tone Up [TV] 10:00 ● <b>Monday Morning Movie [Lob]</b> 1:00 ● After Lunch with Rick Steves [TV] 2:00 ● Bingo [Act] 2:00 ● Men's Group [Lob] 3:00 ● Juice & "Jeopardy" Social [TV] 4:00 ● <b>Singalong w/ Mike [TV1]</b> 6:30 ● <b>Monday Night Movie [TV]</b>	<b>Yom Kippur</b> 9:00 ● Chair Dancing Celebration [TV] 10:00 ● Color Me Mandala [Act] 11:00 ● TED Talks [TV] 1:00 ● Karaoke Singalong [TV] 2:00 ● Group Crossword [TV] 3:00 ● Chips & Salsa Social [Act] 3:30 ● Dominos [Act] 4:00 ● Yom Kippur Service with Rabbi Bossov [Lob] 6:30 ● "Wheel of Fortune" Ch 7 [TV]	<b>Yom Kippur</b> 9:00 ● Stronger Seniors Exercise [TV] 10:00 ● Classic TV [TV] 10:00 ● Yom Kippur Service with Rabbi Bossov [Lob] 11:00 ● <b>Jim Kendros on Piano [Lob]</b> 1:00 ● Spa Time [TV] 2:00 ● Dice Games [Act] 3:00 ● Afternoon Social: Smoothies [Act] 3:30 ● Geography [TV] 4:00 ● 1:1 Aromatherapy 6:30 ● What's Your Story? DIY [Act]	<b>Nels' Birthday</b> 9:00 ● Chair Yoga [TV] 10:00 ● Parachute Fun [Lob] 11:00 ● <b>Songs By Heart [Lob]</b> 1:00 ● Reminiscence with Pictures [TV] 1:30 ● Scenic Drive 2:00 ● <b>Thursday Matinee Movie [TV]</b> 3:20 ● 3-2-1 Rootbeer Floats [Act] 4:00 ● <b>Guided Meditation (IN2L) [Act]</b> 6:30 ● Cranium Crunches [Act]	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 ● <b>Sabbath Service w/ Rabbi Bossov [Lob]</b> 6:30 ● <b>Friday Nite at the Movies! [TV]</b>	<b>DIY Color Me Peaceful Pages</b> 9:00 ● Morning Exercise [TV] 10:00 ● Word Search [Act] 11:00 ● Bingo [Act] 1:00 ● Karaoke Singalong [TV] 2:30 ● <b>Marina Ozaki: Singalong &amp; Piano [Lob]</b> 4:00 ● Saturday Social Hour [Lob] 6:30 ● Saturday Night Musical [TV]
9:00 ● Morning Exercise [TV] 10:00 ● Word Games & Puzzles [Act] 10:45 ● Catholic Communion Service [Lob] 11:00 ● Mental Aerobics [TV] 1:00 ● After Lunch with Rick Steves [TV] 2:00 ● Ice Cream Cart 3:00 ● <b>Sunday Matinee [TV]</b> 6:30 ● <b>Sunday Documentary [TV]</b>	<b>Columbus Day</b> 9:00 ● Sit Down & Tone Up [TV] 10:00 ● Spelling Beel [Lob] 10:45 ● <b>Sue's Party Animals [Lob]</b> 1:00 ● After Lunch with Rick Steves [TV] 2:00 ● Bingo [Act] 3:00 ● Juice & "Jeopardy" Social [TV] 4:00 ● <b>Singalong w/ Mike [TV1]</b> 4:30 ● Sukkot Service with Chicago Mitzvah Campaign [Lob] 6:30 ● <b>Monday Night Movie [TV]</b>	9:00 ● Chair Dancing Celebration [TV] 10:00 ● Math Quiz [Lob] 11:00 ● <b>Heather Braoudakis: Singing [Lob]</b> 1:00 ● Karaoke Singalong [TV] 2:00 ● Dominos [Act] 3:00 ● Chips & Salsa Social [Act] 3:30 ● Dominos [Act] 4:30 ● Sukkot Service with Chicago Mitzvah Campaign [Lob] 6:30 ● "Wheel of Fortune" Ch 7 [TV]	9:00 ● Stronger Seniors Exercise [TV] 10:00 ● Know Your Vocabulary [TV] 11:00 ● Arts & Crafts [Act] 1:00 ● Spa Time [TV] 2:00 ● Let's Play Cards [Act] 3:00 ● Afternoon Social: Smoothies [Act] 3:30 ● Geography [TV] 6:30 ● What's Your Story? DIY [Act]	9:00 ● Chair Yoga [TV] 10:00 ● Beach Ball Toss & Kick [Lob] 11:00 ● <b>Songs By Heart [Lob]</b> 1:00 ● Reminiscence with Pictures [TV] 1:30 ● Oktoberfest [LWP] 1:30 ● Scenic Drive 2:00 ● <b>Thursday Matinee Movie [TV]</b> 3:20 ● 3-2-1 Rootbeer Floats [Act] 4:00 ● <b>Drum Circle with Alex [Lob]</b> 6:30 ● Words, Words, Words [Act]	9:00 ● Simply Stretch [TV] 10:00 ● Musical Memories [TV] 11:00 ● Morning Chat [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 ● <b>Sabbath Service w/ Rabbi Bossov [Lob]</b> 6:30 ● <b>Friday Nite at the Movies! [TV]</b>	<b>DIY Color Me Peaceful Pages</b> 9:00 ● Morning Exercise [TV] 10:00 ● Word Search [Act] 11:00 ● Bingo [Act] 1:00 ● Karaoke Singalong [TV] 2:30 ● <b>Mihai Vlad: Violin [Lob]</b> 4:00 ● Saturday Social Hour [Lob] 6:30 ● Saturday Night Musical [TV]
9:00 ● Morning Exercise [TV] 10:00 ● Word Games & Puzzles [Act] 10:45 ● Catholic Communion Service [Lob] 11:00 ● Blackjack [Act] 1:00 ● After Lunch with Rick Steves [TV] 2:00 ● Ice Cream Cart 3:00 ● <b>Sunday Matinee [TV]</b> 6:30 ● <b>Sunday Documentary [TV]</b>	9:00 ● Sit Down & Tone Up [TV] 10:00 ● Group Crossword [TV] 11:30 ● <b>Storytelling with Sandy B [Lob]</b> 1:00 ● After Lunch with Rick Steves [TV] 2:00 ● Bingo [Act] 3:00 ● Juice & "Jeopardy" Social [TV] 4:00 ● <b>Singalong w/ Mike [TV1]</b> 6:30 ● <b>Monday Night Movie [TV]</b>	9:00 ● Chair Dancing Celebration [TV] 10:00 ● This Week in History [TV] 11:00 ● <b>Pizza Party [DR]</b> 1:00 ● Karaoke Singalong [TV] 2:00 ● Color Me Mandala [Act] 3:00 ● Chips & Salsa Social [Act] 3:30 ● Dominos [Act] 6:30 ● "Wheel of Fortune" Ch 7 [TV]	9:00 ● Stronger Seniors Exercise [TV] 10:00 ● Boogie: Mixed Up Words [Lob] 11:00 ● <b>Steve Justman: Guitar [Act]</b> 1:00 ● Spa Time [TV] 2:00 ● Dice Games [Act] 3:00 ● Afternoon Social: Smoothies [Act] 3:30 ● Geography [TV] 4:00 ● 1:1 Aromatherapy 6:30 ● What's Your Story? DIY [Act]	9:00 ● Chair Yoga [TV] 10:00 ● <b>Seated Line Dancing w/ Louie [Lob]</b> 11:00 ● <b>Songs By Heart [Lob]</b> 1:00 ● Reminiscence with Pictures [TV] 1:30 ● Scenic Drive 2:00 ● <b>Thursday Matinee Movie [TV]</b> 3:20 ● 3-2-1 Rootbeer Floats [Act] 4:00 ● <b>Guided Meditation (IN2L) [Act]</b> 6:30 ● Cranium Crunches [Act]	9:00 ● Simply Stretch [TV] 10:00 ● Morning Chat [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 ● <b>Sabbath Service w/ Rabbi Bossov [Lob]</b> 6:30 ● <b>Friday Nite at the Movies! [TV]</b>	<b>DIY Color Me Peaceful Pages</b> 9:00 ● Morning Exercise [TV] 10:00 ● Word Search [Act] 11:00 ● Bingo [Act] 1:00 ● Karaoke Singalong [TV] 2:30 ● <b>Eleanor Warrington: Singalong [Lob]</b> 4:00 ● Saturday Social Hour [Lob] 6:30 ● Saturday Night Musical [TV]
9:00 ● Morning Exercise [TV] 10:00 ● Word Games & Puzzles [Act] 10:45 ● Catholic Communion Service [Lob] 11:00 ● Mental Aerobics [TV] 1:00 ● After Lunch with Rick Steves [TV] 2:00 ● Ice Cream Cart 3:00 ● <b>Sunday Matinee [TV]</b> 6:30 ● <b>Sunday Documentary [TV]</b>	9:00 ● Sit Down & Tone Up [TV] 10:00 ● Rhyme Thyme [TV] 10:45 ● <b>Sue's Party Animals [Lob]</b> 1:00 ● After Lunch with Rick Steves [TV] 2:00 ● Bingo [Act] 3:00 ● Juice & "Jeopardy" Social [TV] 4:00 ● <b>Singalong w/ Mike [TV1]</b> 6:30 ● <b>Monday Night Movie [TV]</b>	9:00 ● Chair Dancing Celebration [TV] 10:00 ● Math Bingo [Act] 11:00 ● Scrabble: 21 Tiles [Act] 1:00 ● Karaoke Singalong [TV] 2:00 ● Arts & Crafts [Act] 2:00 ● Dominos [Act] 3:00 ● Chips & Salsa Social [Act] 3:30 ● Dominos [Act] 6:30 ● "Wheel of Fortune" Ch 7 [TV]	9:00 ● Stronger Seniors Exercise [TV] 10:00 ● <b>Wednesday Morning Movie [Lob]</b> 1:00 ● Spa Time [TV] 2:00 ● Let's Play Cards [Act] 3:00 ● Afternoon Social: Smoothies [Act] 3:30 ● Geography [TV] 6:30 ● What's Your Story? DIY [Act]	<b>Halloween</b> 9:00 ● Chair Yoga [TV] 10:00 ● <b>Seated Line Dancing w/ Louie [Lob]</b> 11:00 ● <b>Songs By Heart [Lob]</b> 1:00 ● Reminiscence with Pictures [TV] 1:30 ● Scenic Drive 2:00 ● <b>Thursday Matinee Movie [TV]</b> 3:20 ● 3-2-1 Rootbeer Floats [Act] 3:30 ● <b>Halloween Party [Lob]</b> 6:30 ● Words, Words, Words [Act]		