








































































































































































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>THE CARRINGTON AT LINCOLNWOOD</p>	<p>3501 Northeast Pkwy Lincolnwood, IL 60712 (847) 973-6262</p>	<p>Resident Birthdays</p> <p>Lester M. 6/14 Elizabeth S. 6/16 Susanne L. 6/17</p>	<ul style="list-style-type: none">  Animal Therapy  Creative Arts  Emotional  Health and Wellness  Intellectual  Music  Nature  Purposeful  Recreation and Leisure  Restorative 	<p>All activities will be in Memory Care North 1</p> <p>10:00  Exercise it! 10:30  Daily Chronicle 10:45  Creative Writing 11:00  Make Some Noise! 1:30  Hoops Session 1:30  Songs by Heart 2:30  5 Senses</p>	<p>All activities will be in Memory Care South 2</p> <p>10:00  Stretch It Out 10:30  Daily Chronicle 10:45  Daily Dose Of Internet 11:00  Categories 1:00  Brain Busters 1:30  Putts & Golf 3:00  Spa Time! 3:30  Short Stories</p>	<p>All activities will be in Memory Care South 3</p> <p>10:00  Move to Music 10:30  Daily Chronicle 10:45  What's The Phrase? 1:00  Sing A Long 1:30  Balloon Toss 2:00  Bingo & Mindfulness 3:00  Canvas Creations 4:00  Virtual Concert</p>
<p>All activities will be in Memory Care North 4</p> <p>10:00  Commit To Be Fit 10:30  Daily Chronicle 11:00  June Pray Everyday 1:00  Finish the Lyrics 1:30  Bean Bag Toss 2:00  Movie Matinee 2:45  Cinema Intermission 4:00  Walking Club</p>	<p>All activities will be in Memory Care South 5</p> <p>10:00  Stretch It Out 10:30  Daily Chronicle 10:45  Name That Tune 11:00  Make Some Noise! 1:00  Jumbo Soccer 1:30  Sing A Long 3:00  Finish The Phrase 3:30  Spelling Bee! 4:00  Tea Party</p>	<p>All activities will be in Memory Care North 6</p> <p>10:00  Morning Exercise 10:30  Daily Chronicle 10:45  What's The Phrase? 11:00  Sort it Out 1:00  Chair Yoga 1:30  Balloon Toss 2:00  Craft Time! 2:00  Karaoke! 3:00  Trivia 3:30  Jumbo Puzzles 4:00  Relax & Unwind</p>	<p>All activities will be in Memory Care South 7</p> <p>10:00  Zumba! 10:30  Daily Chronicle 10:45  Would You Rather.. 11:00  Sing A Long 1:00  Parachute Madness 1:30  Bake It! 2:30  Goodie Social 3:00  Picture Bingo 4:00  Walking Club</p>	<p>All activities will be in Memory Care North 8</p> <p>10:00  Exercise it! 10:30  Daily Chronicle 10:45  Creative Writing 11:00  Make Some Noise! 1:00  Patio Social 1:30  Hoops Session 2:00  Where in the World? 2:30  5 Senses 3:00  Janet & Grant! [MCN] 4:00  Relax & Unwind</p>	<p>All activities will be in Memory Care South 9</p> <p>10:00  Stretch It Out 10:30  Daily Chronicle 10:45  Daily Dose Of Internet 11:00  Categories 1:00  Brain Busters 1:30  Putts & Golf 2:00  Gardening Club [MCP] 3:00  Spa Time! 3:30  Short Stories 4:00  Tea Party</p>	<p>All activities will be in Memory Care South 10</p> <p>10:00  Daily Chronicle 10:15  I-Spy 10:30  Dance Fitness 1:00  Chair Yoga 1:30  Sing A Long 2:00  Bingo & Mindfulness 3:00  Make Sundae 3:30  Goodie Social 4:00  Travel Tales</p>
<p>All activities will be in Memory Care North 11</p> <p>10:00  Commit To Be Fit 10:30  Daily Chronicle 11:00  June Pray Everyday 1:00  Finish the Lyrics 1:30  Bean Bag Toss 2:00  Movie Matinee 2:45  Cinema Intermission 4:00  Walking Club</p>	<p>All activities will be in Memory Care South 12</p> <p>10:00  Stretch It Out 10:30  Daily Chronicle 10:30  Drumming with Chris 10:45  Name That Tune 11:00  Make Some Noise! 1:00  Jumbo Soccer 1:30  Sing A Long 3:00  Finish The Phrase 3:30  Spelling Bee! 4:00  Tea Party</p>	<p>All activities will be in Memory Care North 13</p> <p>10:00  Morning Exercise 10:30  Daily Chronicle 10:45  What's The Phrase? 11:00  Sort it Out 1:00  Chair Yoga 1:30  Balloon Toss 2:00  Craft Time! 2:00  Karaoke! 3:00  Trivia 3:30  Jumbo Puzzles 4:00  Relax & Unwind</p>	<p>All activities will be in Memory Care South 14</p> <p>10:00  Zumba! 10:30  Daily Chronicle 10:45  Would You Rather.. 11:00  Sing A Long 1:00  Parachute Madness 1:30  Bake It! 2:30  Goodie Social 3:00  Picture Bingo 4:00  Walking Club</p>	<p>All activities will be in Memory Care North 15</p> <p>10:00  Exercise it! 10:30  Daily Chronicle 10:45  Creative Writing 11:00  Make Some Noise! 1:00  Patio Social 1:30  Hoops Session 1:30  Songs by Heart 2:30  5 Senses 3:00  Where in the World? 4:00  Relax & Unwind</p>	<p>All activities will be in Memory Care South 16</p> <p>10:00  Stretch It Out 10:30  Daily Chronicle 10:45  Daily Dose Of Internet 11:00  Categories 1:00  Brain Busters 1:30  Putts & Golf 2:00  Gardening Club [MCP] 3:00  Spa Time! 3:30  Short Stories 4:00  Tea Party</p>	<p>All activities will be in Memory Care South 17</p> <p>10:00  Move to Music 10:30  Daily Chronicle 10:45  What's The Phrase? 11:00  Special Days 1:00  Sing A Long 1:30  Balloon Toss 2:00  Musical Bingo 3:00  Apple Strudel Day (Bake It!) 4:00  Virtual Concert</p>

June 2023 Tessera Activity Calendar











Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All activities will be in Memory Care North 18</p> <p>Father's Day</p> <p>10:00 🏃 Commit To Be Fit</p> <p>10:30 💡 Daily Chronicle</p> <p>11:00 💡 June Pray Everyday</p> <p>11:30 ❤️ Father's Day Brunch</p> <p>1:00 🎵 Finish the Lyrics</p> <p>1:30 🐾 Bean Bag Toss</p> <p>2:00 🐾 Movie Matinee</p> <p>2:45 🎬 Cinema Intermission</p> <p>4:00 🏃 Walking Club</p>	<p>All activities will be in Memory Care South 19</p> <p>10:00 🏃 Stretch It Out</p> <p>10:30 💡 Daily Chronicle</p> <p>10:45 🎵 Name That Tune</p> <p>11:00 🎵 Make Some Noise!</p> <p>1:00 🏃 Jumbo Soccer</p> <p>1:30 🎵 Sing A Long</p> <p>3:00 💡 Finish The Phrase</p> <p>3:30 💡 Spelling Bee!</p> <p>4:00 🍵 Tea Party</p>	<p>All activities will be in Memory Care North 20</p> <p>10:00 🏃 Morning Exercise</p> <p>10:30 💡 Daily Chronicle</p> <p>10:45 💡 What's The Phrase?</p> <p>11:00 🚩 Sort it Out</p> <p>1:00 🏃 Chair Yoga</p> <p>1:30 🐾 Balloon Toss</p> <p>2:00 🎨 Craft Time!</p> <p>2:00 ❤️ Karaoke!</p> <p>3:00 💡 Trivia</p> <p>3:30 💡 Jumbo Puzzles</p> <p>4:00 🍵 Relax & Unwind</p>	<p>All activities will be in Memory Care South 21</p> <p>10:00 🏃 Zumba!</p> <p>10:30 💡 Daily Chronicle</p> <p>10:45 ❤️ Would You Rather..</p> <p>11:00 🎵 Sing A Long</p> <p>1:00 🐾 Parachute Madness</p> <p>1:30 🎨 Bake It!</p> <p>2:30 🚩 Goodie Social</p> <p>3:00 🐾 Picture Bingo</p> <p>4:00 🏃 Walking Club</p>	<p>All activities will be in Memory Care North 22</p> <p>10:00 🏃 Exercise it!</p> <p>10:30 💡 Daily Chronicle</p> <p>10:45 💡 Creative Writing</p> <p>11:00 🎵 Make Some Noise!</p> <p>1:00 🐾 Patio Social</p> <p>1:30 🏃 Hoops Session</p> <p>2:00 💡 Where in the World?</p> <p>2:30 ❤️ 5 Senses</p> <p>3:00 🎵 Musical Bingo!</p> <p>4:00 🍵 Relax & Unwind</p>	<p>All activities will be in Memory Care South 23</p> <p>10:00 🏃 Stretch It Out</p> <p>10:30 💡 Daily Chronicle</p> <p>10:45 🐾 Daily Dose Of Internet</p> <p>11:00 💡 Categories</p> <p>1:00 💡 Brain Busters</p> <p>1:30 🏃 Putts & Golf</p> <p>2:00 🌿 Gardening Club [MCP]</p> <p>3:00 🍵 Spa Time!</p> <p>3:30 🐾 Short Stories</p> <p>4:00 🍵 Tea Party</p>	<p>All activities will be in Memory Care South 24</p> <p>10:00 💡 Daily Chronicle</p> <p>10:15 🐾 I-Spy</p> <p>10:30 🏃 Dance Fitness</p> <p>1:00 🏃 Chair Yoga</p> <p>1:30 🎵 Sing A Long</p> <p>2:00 💡 Bingo & Mindfulness</p> <p>3:00 🎨 Make a Sundae</p> <p>3:30 🐾 Goodie Social</p> <p>4:00 🐾 Travel Tales</p>
<p>All activities will be in Memory Care North 25</p> <p>10:00 🏃 Commit To Be Fit</p> <p>10:30 💡 Daily Chronicle</p> <p>11:00 💡 June Pray Everyday</p> <p>1:00 🎵 Finish the Lyrics</p> <p>1:30 🐾 Bean Bag Toss</p> <p>2:00 🐾 Movie Matinee</p> <p>2:45 🎬 Cinema Intermission</p> <p>4:00 🏃 Walking Club</p>	<p>All activities will be in Memory Care South 26</p> <p>10:00 🏃 Stretch It Out</p> <p>10:30 💡 Daily Chronicle</p> <p>10:30 🎵 Music Therapy with Nancy Swanson</p> <p>1:00 🏃 Jumbo Soccer</p> <p>1:30 🎵 Sing A Long</p> <p>3:00 💡 Finish The Phrase</p> <p>3:30 💡 Spelling Bee!</p> <p>4:00 🍵 Tea Party</p>	<p>All activities will be in Memory Care North 27</p> <p>10:00 🏃 Morning Exercise</p> <p>10:30 💡 Daily Chronicle</p> <p>10:45 💡 What's The Phrase?</p> <p>11:00 🚩 Sort it Out</p> <p>1:00 🏃 Chair Yoga</p> <p>1:30 🐾 Balloon Toss</p> <p>2:00 🎨 Craft Time!</p> <p>2:00 ❤️ Karaoke!</p> <p>3:00 💡 Trivia</p> <p>3:30 💡 Jumbo Puzzles</p> <p>4:00 🍵 Relax & Unwind</p>	<p>All activities will be in Memory Care South 28</p> <p>10:00 🏃 Zumba!</p> <p>10:30 💡 Daily Chronicle</p> <p>10:45 ❤️ Would You Rather..</p> <p>11:00 🎵 Sing A Long</p> <p>1:00 🐾 Parachute Madness</p> <p>1:30 🎨 Bake It!</p> <p>2:30 🚩 Goodie Social</p> <p>3:00 🐾 Picture Bingo</p> <p>4:00 🏃 Walking Club</p>	<p>All activities will be in Memory Care North 29</p> <p>10:00 🏃 Exercise it!</p> <p>10:00 ❤️ Myra the Therapy Dog Visits! [WCY]</p> <p>10:30 💡 Daily Chronicle</p> <p>10:45 💡 Creative Writing</p> <p>11:00 🎵 Make Some Noise!</p> <p>1:00 🐾 Patio Social</p> <p>1:30 🏃 Hoops Session</p> <p>2:00 💡 Where in the World?</p> <p>2:30 ❤️ 5 Senses</p> <p>3:00 🐾 Smoothie Making</p> <p>4:00 🍵 Relax & Unwind</p>	<p>All activities will be in Memory Care South 30</p> <p>10:00 🏃 Stretch It Out</p> <p>10:30 💡 Daily Chronicle</p> <p>10:45 🐾 Daily Dose Of Internet</p> <p>11:00 💡 Categories</p> <p>1:00 💡 Brain Busters</p> <p>1:30 🏃 Putts & Golf</p> <p>2:00 🌿 Gardening Club [MCP]</p> <p>3:00 🍵 Spa Time!</p> <p>3:30 🐾 Short Stories</p> <p>4:00 🍵 Tea Party</p>	<p>"Gaze upward, look inward, reach outward, press forward." — Thomas S. Monson</p>



3501 Northeast Pkwy
Lincolnwood, IL 60712
(847) 973-6262

Resident Birthdays
Lester M. 6/14
Elizabeth S. 6/16
Susanne L. 6/17



-  Animal Therapy
-  Creative Arts
-  Emotional
-  Health and Wellness
-  Intellectual
-  Music
-  Nature
-  Purposeful
-  Recreation and Leisure
-  Restorative

Location Keys
Memory Care North MCN
Memory Care Patio MCP
We Come to You WCY

All activities are subject to change.