Independent Living Activities Calendar

June 2023

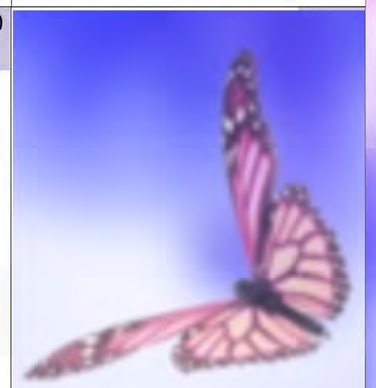
Location Legend

ADN	AL Fl-1 Dining	**I3D**	IL Fl-3 Dining
BST	IL Fl-1 Bistro	**I3T**	IL Fl-3 Theater
CAF	IL Fl-1 Cafe	**I4A**	IL Fl-4 Art
FC	Fitness Center	**I4G**	IL Fl-4 Games
FPL	FC - Pool	**I4L**	IL Fl-4 Library
I2A	IL Fl-2 Arts/Sewing	**I4V**	IL Fl-4 Living Room
I2L	IL Fl-2 Library	**IDN**	IL Fl-1 Dining
I3A	IL Fl-3 Activity / Ping Pong	**IOT**	IL Outing - IL Lobby

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10am Zumba Gold with Janette (FC) 10am Class Cancelled: No Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10:30am Royal Wellness (FC) 10:30am Shopping at Walmart and Mariano's (RSVP) (IOT) 11am Talking & Listening (I3A) 1pm Knit and Crochet Group (I2A) 1:30pm Royal Wellness (FC) 3pm Dementia Support Group (IL) (I3A) 3:30pm K4 Connect with Margie and Patricia (CAF) 3:30pm The Relaxation Response (Class full) (I4G) 7pm Poker Game (I4G) 7pm Movie - Casablanca (1942) (I3T)	**2** 9:30am Cozetta's Rosary Group and Communion (I4V) 10am Chair Volleyball (CAF) 10:30am Workout with Melanie (FC) 11:30am Royal Aquatics (FPL) 1pm Creative Projects with Julianne (I4A) 1:30pm Workout with Jonah (FC) 2pm Chair Yoga (FC) 4:30pm Shabbat Service (BST) 7pm Movie - The Good Liar (2019) (I3T)	**3** 9:30am Carrington Community Church (BST) 11am Opera Outing: The Magic Flute (IOT) 1:45pm Workout with Melanie (FC) 2:30pm Stretch, Tone, Strength with Melanie (FC) 2:30pm Matinee - The Peanut Butter Falcon (2019) (I3T) 3pm Postponed: Wine Tasting with Consuelo (BST) 7pm Movie - The Peanut Butter Falcon (2019) (I3T)
4 7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 9:30am Holy Name Cathedral (Virtual) (I4V) 9:30am Edgebrook Lutheran Church (IOT) 9:30am First Korean Presbyterian Church (IOT) 10:30am Queen of All Saints Basilica (IOT) 2pm Bingo with Trudy (CAF) 7pm Movie - Spectre (2015) (I3T)	**5** 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10:30am Move & Groove with Stacy (FC) 1pm Easy Art Room (BST) 1pm Movement & Balance w/Chris (FC) 2pm Intro Session: The Relaxation Response (I4G) 7pm Poker Game (I4G) 7pm Movie - Dumplin' (2018) (I3T) 7:15pm Everyone Has A Story (BST)	**6** 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 11am Current Events (BST) 1pm Mah-Jong (I3D) 1pm Open Studio Painting (I2A) 1:30pm Workout with Jonah (FC) 1:30pm Opera Club (I3T) 2:45pm Walgreen's Senior Discount Day (RSVP) (IOT) 3pm Story Time with Trudy (I4V) 5:30pm Family Night: When Dementia is in the Picture (BST) 7pm Movie - The Longest Day (1962) (I3T)	**7** 9am Royal Aquatics (FPL) 10am Chair Volleyball (CAF) 10:30am Royal Wellness (FC) 10:30am Library Committee (I2L) 11:30am Royal Aquatics (FPL) 1:30pm Royal Wellness (FC) 1:30pm Play Progression (CAF) 1:30pm Mahjong Learning Group (I2L) 2pm Food & Beverage Cmte Mtg (I3D) 3pm Happy Hour with Wayne Messmer (BST) 7pm Silver Screen - Living (2022) (I3T)	**8** 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10:30am Royal Wellness (FC) 10:30am Shopping at Dollar Tree (RSVP) (IOT) 11am Talking & Listening (I3A) 1pm Knit and Crochet Group (I2A) 1:30pm Royal Wellness (FC) 2pm The Relaxation Response Class (I4G) 3pm Dementia Support Group (IL) (I3A) 3:30pm K4 Connect with Margie and Patricia (CAF) 7pm Poker Game (I4G) 7pm Movie - The Legend of Bagger Vance (2000) (I3T)	**9** 9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10am Tech Sessions with Lincolnwood Library (BST) 10:30am Workout with Melanie (FC) 11:30am Royal Aquatics (FPL) 1pm Creative Projects with Julianne (I4A) 1:30pm Workout with Jonah (FC) 2pm Chair Yoga (FC) 4:30pm Shabbat Service (BST) 7pm Movie - The Princess Bride (1987) (I3T)	**10** 9:30am Carrington Community Church (BST) 1:45pm Workout with Melanie (FC) 2:30pm Stretch, Tone, Strength with Melanie (FC) 2:30pm Matinee - AIR (2023) (I3T) 7pm Movie - AIR (2023) (I3T)
11 7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 9:30am Holy Name Cathedral (Virtual) (I4V) 9:30am Edgebrook Lutheran Church (IOT) 9:30am First Korean Presbyterian Church (IOT) 10:30am Queen of All Saints Basilica (IOT) 2pm Bingo with Trudy (CAF) 7pm Ada String Trio Concert! (BST) 7pm Movie - Raiders of the Lost Ark (1981) (I3T)	**12** 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10:30am Move & Groove with Stacy (FC) 1pm Easy Art Room (BST) 1pm Movement & Balance w/Chris (FC) 1:30pm Movie Selection Committee (I3A) 2pm Line Dancing with Martha (FC) 2pm The Relaxation Response Class (I4G) 3pm Classic Comedy Hour (BST) 7pm Poker Game (I4G) 7pm Movie - The Dig (2021) (I3T) 11:55pm Newsletter Caption Contest Deadline	**13** 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 10am Painting with Kay and Trudy (I4A) 11am Current Events (BST) 1pm Mah-Jong (I3D) 1pm Open Studio Painting (I2A) 1:30pm Workout with Jonah (FC) 2pm Play Reading Group (I4G) 3pm Story Time with Trudy (I4V) 7pm Movie - Some Like it Hot (1959) (I3T)	**14** 9am Royal Aquatics (FPL) 10am Chair Volleyball (CAF) 10am MedTalk with Pat: The Failing Heart (BST) 10:30am Royal Wellness (FC) 11:30am Royal Aquatics (FPL) 1:30pm Royal Wellness (FC) 1:30pm Play Progression (CAF) 1:30pm Mahjong Learning Group (I2L) 2pm Building Ops Mtg. (I3A) 3pm Happy Hour: The Alan Kaye Duo (BST) 7pm Movie - Yankee Doodle Dandy (1942) (I3T)	**15** 10am Zumba Gold with Janette (FC) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10:30am Royal Wellness (FC) 10:30am Activities Committee Mtg. (I4A) 10:30am Shopping at Jewel or Target (RSVP) (IOT) 11am Grieving and Loss Group with Pat (I4G) 11am Talking & Listening (I3A) 1pm Knit and Crochet Group (I2A) 1:30pm Royal Wellness (FC) 2pm The Relaxation Response Class (I4G) 3pm Dementia Support Group (IL) (I3A) 3:30pm K4 Connect with Margie and Patricia (CAF) 4pm Hotsie-Totsie Celebration (BST) 7pm Poker Game (I4G) 7pm Movie - Murder Mystery (2019) (I3T)	**16** 9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10:30am Workout with Melanie (FC) 11am Veterans Club (I4G) 11:30am Royal Aquatics (FPL) 1pm Creative Projects with Julianne (I4A) 1:30pm Workout with Jonah (FC) 2pm Chair Yoga (FC) 4:30pm Shabbat Service (BST) 7pm Movie - The Last Days of Patton (1986) (I3T)	**17** 9:30am Carrington Community Church (BST) 1:45pm Workout with Melanie (FC) 2:30pm Stretch, Tone, Strength with Melanie (FC) 2:30pm Matinee - Ticket to Paradise (2022) (I3T) 7pm Movie - Ticket to Paradise (2022) (I3T)

Independent Living Activities Calendar

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 **Happy Father's Day!** 7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 9:30am Holy Name Cathedral (Virtual) (I4V) 9:30am Edgebrook Lutheran Church (IOT) 9:30am First Korean Presbyterian Church (IOT) 10:30am Queen of All Saints Basilica (IOT) 11:30am Father's Day Brunch (IDN) 2pm Bingo with Trudy (CAF) 7pm Movie - Father Goose (1964) (I3T)	19 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10:30am Move & Groove with Stacy (FC) 1pm Easy Art Room (BST) 1pm Movement & Balance w/Chris (FC) 2pm The Relaxation Response Class (I4G) 3pm Birthday Committee (I2A) 7pm Poker Game (I4G) 7pm Movie - Amistad (1997) (I3T) 7:15pm Everyone Has A Story (BST)	20 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 10am Painting with Colleen (I4A) 11am Current Events (BST) 1pm Mah-Jong (I3D) 1pm Open Studio Painting (I2A) 1:30pm Workout with Jonah (FC) 2pm Book Club (I4G) 3pm Moments from Hollywood Musicals (BST) 3pm Story Time with Trudy (I4V) 7pm Movie - The White Tiger (2021) (I3T)	21 9am Royal Aquatics (FPL) 10am Chair Volleyball (CAF) 10am Outing: Rivers Casino! (IOT) 10:30am Royal Wellness (FC) 11am Nature Talks with Alyse (BST) 11:30am Royal Aquatics (FPL) 1pm Parkinson's Support Group (I4G) 1:30pm Royal Wellness (FC) 1:30pm Play Progression (CAF) 1:30pm Mahjong Learning Group (I2L) 2pm Food & Beverage Cmte Mtg (I3D) 3pm Happy Hour with Dr. Dan (BST) 4:30pm Longest Day Luau and Cookout (IDN) 7pm Silver Screen - One Fine Morning (2022) (I3T)	22 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10:30am Royal Wellness (FC) 10:30am Shopping at Village Crossing (RSVP) (IOT) 11am Grieving and Loss Group with Pat (I4G) 11am Talking & Listening (I3A) 1pm Knit and Crochet Group (I2A) 1:30pm Royal Wellness (FC) 2pm The Relaxation Response Class (I4G) 3pm Dementia Support Group (IL) (I3A) 3:30pm K4 Connect with Margie and Patricia (CAF) 7pm Movie - Murder Mystery 2 (2023) (I3T) 7pm Poker Game (I4G)	23 9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10:30am Workout with Melanie (FC) 11:30am Royal Aquatics (FPL) 1pm Creative Projects: Paper Bowls with Pat (I4A) 1:30pm Workout with Jonah (FC) 2pm Chair Yoga (FC) 4:30pm Shabbat Service (BST) 7pm Movie - Closer (2004) (I3T)	24 9:30am Carrington Community Church (BST) 1:45pm Workout with Melanie (FC) 2:30pm Stretch, Tone, Strength with Melanie (FC) 2:30pm Matinee - Million Dollar Arm (2014) (I3T) 3pm Angel City Chorale Concert - 30 Rocks! Livestream (BST) 7pm Movie - Million Dollar Arm (2014) (I3T)
25 7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 9:30am Holy Name Cathedral (Virtual) (I4V) 9:30am Edgebrook Lutheran Church (IOT) 9:30am First Korean Presbyterian Church (IOT) 10:30am Queen of All Saints Basilica (IOT) 2pm Bingo with Trudy (CAF) 7pm Movie - Never Say Never Again (1983) (I3T)	26 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10:30am Workout with Melanie (FC) 11:15am TedTalk Time (BST) 1pm Creative Projects: Paper Bowls with Pat (BST) 1pm Movement & Balance w/Chris (FC) 2pm Line Dancing with Martha (FC) 2pm The Relaxation Response Class (I4G) 7pm Poker Game (I4G) 7pm Movie - The Object of My Affection (1998) (I3T)	27 10am RESIDENT MEETING! (IDN) 1pm Mah-Jong (I3D) 1pm Open Studio Painting (I2A) 1pm Special Presentation: Artificial Intelligence (AI) (BST) 1:30pm Workout with Jonah (FC) 3pm Story Time with Trudy (I4V) 7pm Movie - Empire of the Sun (1987) (I3T)	28 9am Royal Aquatics (FPL) 10am Chair Volleyball (CAF) 10am MedTalk: Shawn from Custom Home Care (BST) 10:30am Royal Wellness (FC) 11:30am Royal Aquatics (FPL) 1:30pm Royal Wellness (FC) 1:30pm Play Progression (CAF) 1:30pm Mahjong Learning Group (I2L) 3pm Happy Hour with Randy Walker (BST) 7pm Movie - Burnt (2015) (I3T)	29 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10:30am Royal Wellness (FC) 11am Grieving and Loss Group with Pat (I4G) 11am Talking & Listening (I3A) 1pm Knit and Crochet Group (I2A) 1:30pm Royal Wellness (FC) 2pm The Relaxation Response Class (I4G) 3pm Dementia Support Group (IL) (I3A) 3:30pm K4 Connect with Margie and Patricia (CAF) 7pm Movie - Hondo (1953) (I3T) 7pm Poker Game (I4G)	30 9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10:30am Workout with Melanie (FC) 11:30am Royal Aquatics (FPL) 1pm Creative Projects: Paper Bowls with Pat (I4A) 1:30pm Workout with Jonah (FC) 2pm Chair Yoga (FC) 3pm Birthday Celebration for June Birthdays! (I3D) 4:30pm Shabbat Service (BST) 7pm Hurricane Saxophone Quartet (BST) 7pm Movie - Advise & Consent (1962) (I3T)	

Location Legend

ADN	AL Fl-1 Dining	**I3D**	IL Fl-3 Dining
BST	IL Fl-1 Bistro	**I3T**	IL Fl-3 Theater
CAF	IL Fl-1 Cafe	**I4A**	IL Fl-4 Art
FC	Fitness Center	**I4G**	IL Fl-4 Games
FPL	FC - Pool	**I4L**	IL Fl-4 Library
I2A	IL Fl-2 Arts/Sewing	**I4V**	IL Fl-4 Living Room
I2L	IL Fl-2 Library	**IDN**	IL Fl-1 Dining
I3A	IL Fl-3 Activity / Ping Pong	**IOT**	IL Outing - IL Lobby