


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>10:00 🏃 Commit To Be Fit <b>1</b></p> <p>10:45 📺 Daily Chronicle</p> <p>1:30 🏃 SingFit!</p> <p>2:30 🧺 Bean Bag Toss</p> <p>3:00 ❤️ Snack and Chat</p> <p>4:00 🏃 Walking Club</p>	<p>10:00 🏃 Noodle Ball <b>2</b></p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 🧺 Name That Tune</p> <p>1:00 🏃 Jumbo Soccer</p> <p>1:30 🧺 Sing A Long</p> <p>2:00 📺 What Are They Thinking?</p> <p>3:00 🧺 Snack and Chat</p> <p>4:00 ❤️ Hand Massages</p>	<p>10:00 🏃 Morning Exercise <b>3</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 🧺 Never Have I Ever</p> <p>1:30 🏃 Dance Party!</p> <p>2:00 🧺 Dice Games</p> <p>2:00 ❤️ Spa Time! [MCS]</p> <p>3:00 🧺 Snack and Chat</p> <p>4:00 🌿 Relax &amp; Unwind</p>	<p>10:00 🏃 Zumba with Janette! <b>4</b></p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 🧺 Would You Rather..</p> <p>1:00 🧺 Parachute Madness</p> <p>2:00 🏃 SingFit!</p> <p>3:00 🧺 Snack and Chat</p> <p>4:00 🏃 Walking Club</p>	<p>10:00 🏃 Exercise it! <b>5</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 📺 Give Me Five!</p> <p>12:45 🧺 Catholic Communion [2LVR]</p> <p>1:30 ❤️ Songs by Heart</p> <p>2:30 📺 Finish the Phrase</p> <p>2:30 🧺 Sensory Sensations</p> <p>3:00 🎤 Hotsie Totsie Voices Rehearsal [BST]</p> <p>3:00 🧺 Snack and Chat</p> <p>4:00 🌿 Relax &amp; Unwind</p>	<p>10:00 🏃 Rock Steady [MCS] <b>6</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 🧺 Fruit Smoothie Friday!</p> <p>1:30 🏃 SingFit!</p> <p>2:30 📺 Historical Photos Discussion</p> <p>2:30 🧺 Sensory Sensations</p> <p>3:00 ❤️ Snack and Chat</p> <p>3:30 🧺 Short Stories</p> <p>4:00 🌿 Hand Massages</p>	<p>10:00 🏃 Moving for Mobility [MCS] <b>7</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:45 📺 Daily Chronicle</p> <p>1:30 🏃 Balloon Toss</p> <p>2:00 🧺 Puzzles</p> <p>2:30 🧺 Sensory Sensations</p> <p>3:00 🧺 Hymn Sing with Q</p> <p>4:00 🌿 Mindful Mediations</p>		
<p>10:00 🏃 Commit To Be Fit <b>8</b></p> <p>10:45 📺 Daily Chronicle</p> <p>1:30 🏃 SingFit!</p> <p>2:15 🧺 Baking with Kelly</p> <p>2:30 🧺 Bean Bag Toss</p> <p>3:00 ❤️ Snack and Chat</p> <p>4:00 🏃 Walking Club</p>	<p><b>Columbus Day</b> <b>9</b></p> <p>10:00 🏃 Noodle Ball</p> <p>10:30 ❤️ Drumming with Chris</p> <p>1:00 🏃 Jumbo Soccer</p> <p>1:30 🧺 Sing A Long</p> <p>2:30 🧺 Dice Games</p> <p>3:00 🧺 Snack and Chat</p> <p>4:00 ❤️ Hand Massages</p>	<p>10:00 🏃 Morning Exercise <b>10</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 🧺 Never Have I Ever</p> <p>1:30 🏃 Dance Party!</p> <p>2:00 🎨 Art-Impressionist Hydrangeas [MCN]</p> <p>2:00 📺 Give Me Five! [MCN]</p> <p>3:00 🧺 Snack and Chat</p> <p>4:00 🌿 Relax &amp; Unwind</p>	<p>10:00 🏃 Zumba with Janette! <b>11</b></p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 🧺 Would You Rather..</p> <p>1:00 🧺 Parachute Madness</p> <p>2:00 🧺 Oktoberfest!</p> <p>4:00 🏃 Walking Club</p>	<p>10:00 🏃 Exercise it! <b>12</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 📺 Give Me Five!</p> <p>1:30 ❤️ Songs by Heart</p> <p>2:30 📺 Finish the Phrase</p> <p>2:30 🧺 Sensory Sensations</p> <p>3:00 🧺 Snack and Chat</p> <p>3:30 🧺 Storytelling</p> <p>4:00 🌿 Relax &amp; Unwind</p>	<p>10:00 🏃 Rock Steady [MCS] <b>13</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 🧺 Fruit Smoothie Friday!</p> <p>1:30 🏃 SingFit!</p> <p>2:30 🧺 Sensory Sensations</p> <p>3:00 ❤️ Snack and Chat</p> <p>3:30 🧺 Short Stories</p> <p>4:00 🌿 Hand Massages</p>	<p>10:00 🏃 Moving for Mobility [MCS] <b>14</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:45 📺 Daily Chronicle</p> <p>1:00 🏃 Dance it Out!</p> <p>2:00 🧺 Puzzles</p> <p>2:30 🧺 Sensory Sensations</p> <p>3:00 🧺 Hymn Sing with Q</p> <p>4:00 🌿 Mindful Mediations</p>		
<p>10:00 🏃 Commit To Be Fit <b>15</b></p> <p>10:45 📺 Daily Chronicle</p> <p>1:30 🏃 SingFit!</p> <p>2:30 🧺 Bean Bag Toss</p> <p>3:00 ❤️ Snack and Chat</p> <p>3:30 📺 Give Me Five!</p> <p>4:00 🏃 Walking Club</p>	<p>10:00 🏃 Noodle Ball <b>16</b></p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 🧺 Name That Tune</p> <p>1:00 🏃 Jumbo Soccer</p> <p>1:30 🧺 Sing A Long</p> <p>3:00 🧺 Snack and Chat</p> <p>4:00 ❤️ Hand Massages</p>	<p>10:00 🏃 Morning Exercise <b>17</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 🧺 Never Have I Ever</p> <p>1:30 🏃 Dance Party!</p> <p>2:00 🏃 SingFit!</p> <p>3:00 🧺 Snack and Chat</p> <p>4:00 🌿 Relax &amp; Unwind</p>	<p>10:00 🏃 Zumba with Janette! <b>18</b></p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 🧺 Would You Rather..</p> <p>1:00 🌿 Nature Talks with Alyse</p> <p>2:00 ❤️ Spa Time! [MCS]</p> <p>3:00 🧺 Snack and Chat</p> <p>4:00 🏃 Walking Club</p>	<p>10:00 🏃 Exercise it! <b>19</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 📺 Give Me Five!</p> <p>1:30 ❤️ Songs by Heart</p> <p>2:30 🧺 Aimee and Barbara's Birthday Party! [MCN]</p> <p>3:00 🎤 Hotsie Totsie Voices Rehearsal [BST]</p> <p>4:00 🌿 Relax &amp; Unwind</p>	<p>10:00 🏃 Rock Steady [MCS] <b>20</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 🧺 Fruit Smoothie Friday!</p> <p>1:30 🏃 SingFit!</p> <p>2:30 🧺 Sensory Sensations</p> <p>3:00 ❤️ Snack and Chat</p> <p>3:30 🧺 Short Stories</p> <p>4:00 🌿 Hand Massages</p>	<p>10:00 🏃 Moving for Mobility [MCS] <b>21</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:45 📺 Daily Chronicle</p> <p>1:30 🏃 Balloon Toss</p> <p>2:00 🧺 Puzzles</p> <p>2:30 🧺 Sensory Sensations</p> <p>3:00 🧺 Hymn Sing with Q</p> <p>4:00 🌿 Mindful Mediations</p>		
<p>10:00 🏃 Commit To Be Fit <b>22</b></p> <p>10:45 📺 Daily Chronicle</p> <p>1:30 🏃 SingFit!</p> <p>2:00 🧺 Fall Fest</p> <p>2:30 🧺 Bean Bag Toss</p> <p>3:00 ❤️ Snack and Chat</p> <p>4:00 🏃 Walking Club</p>	<p>10:00 🏃 Noodle Ball <b>23</b></p> <p>10:30 📺 Daily Chronicle</p> <p>10:30 ❤️ Music Therapy with Nancy Swanson</p> <p>10:45 🧺 Name That Tune</p> <p>1:00 🏃 Jumbo Soccer</p> <p>1:30 🧺 Sing A Long</p> <p>3:00 🧺 Snack and Chat</p> <p>4:00 ❤️ Hand Massages</p>	<p>10:00 🏃 Morning Exercise <b>24</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 🧺 Never Have I Ever</p> <p>1:30 🏃 Dance Party!</p> <p>2:00 🎨 Halloween Mask Making</p> <p>2:00 ❤️ Spa Time! [MCS]</p> <p>3:00 🧺 Snack and Chat</p> <p>4:00 🌿 Relax &amp; Unwind</p>	<p>10:00 🏃 Zumba with Janette! <b>25</b></p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 🧺 Would You Rather..</p> <p>2:00 🧺 October Birthday Bash with Carla and Friends</p> <p>4:00 🏃 Walking Club</p>	<p>10:00 🏃 Exercise it! <b>26</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 📺 Give Me Five!</p> <p>11:30 ❤️ Take Out Thursday-Chinese Lunch!</p> <p>1:30 ❤️ Songs by Heart</p> <p>2:30 🧺 Pumpkin Decorating</p> <p>2:30 🧺 Sensory Sensations</p> <p>3:00 🎤 Hotsie Totsie Voices Rehearsal [BST]</p> <p>3:00 🧺 Snack and Chat</p> <p>4:00 🌿 Relax &amp; Unwind</p>	<p>10:00 🏃 Rock Steady [MCS] <b>27</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 🧺 Fruit Smoothie Friday!</p> <p>1:30 🏃 SingFit!</p> <p>2:30 🧺 Sensory Sensations</p> <p>3:00 ❤️ Snack and Chat</p> <p>3:30 🧺 Short Stories</p> <p>4:00 🌿 Hand Massages</p>	<p>10:00 🏃 Move and Groove [MCS] <b>28</b></p> <p>10:00 🌞 Sunshine Club</p> <p>10:45 📺 Daily Chronicle</p> <p>1:00 🏃 Dance it Out!</p> <p>1:30 🧺 Sing A Long</p> <p>2:00 🧺 Puzzles</p> <p>2:30 🧺 Sensory Sensations</p> <p>3:00 🧺 Hymn Sing with Q</p> <p>4:00 🌿 Mindful Mediations</p>		
<p>10:00 🏃 Commit To Be Fit <b>29</b></p> <p>10:45 📺 Daily Chronicle</p> <p>1:30 🏃 SingFit!</p> <p>2:00 🧺 Baking with Kelly [MCS]</p> <p>2:30 🧺 Bean Bag Toss</p> <p>3:00 ❤️ Snack and Chat</p> <p>4:00 🏃 Walking Club</p>	<p>10:00 🏃 Noodle Ball <b>30</b></p> <p>10:30 📺 Daily Chronicle</p> <p>10:45 🧺 Name That Tune</p> <p>1:00 🏃 Jumbo Soccer</p> <p>1:30 🧺 Sing A Long</p> <p>3:00 🧺 Snack and Chat</p> <p>4:00 ❤️ Hand Massages</p>	<p><b>Halloween</b> <b>31</b></p> <p>10:00 🏃 Monster Mash Dance Party!</p> <p>10:00 🌞 Sunshine Club</p> <p>10:30 📺 Spooky Chronicle</p> <p>10:45 🧺 Never Have I Ever</p> <p>2:00 🧺 Halloween Party! [MCS]</p> <p>4:00 🌿 Relax &amp; Unwind</p>	 <p>THE CARRINGTON AT LINCOLNWOOD</p>			<p>🎨 Creative Arts</p> <p>❤️ Emotional</p> <p>🏃 Health and Wellness</p> <p>💡 Intellectual</p> <p>🌿 Nature</p> <p>🧺 Purposeful</p> <p>🧺 Recreation and Leisure</p> <p>🌿 Restorative</p> <p>🧺 Spiritual</p>	<p><b>Resident Birthdays</b></p> <p>Barbara I. 10/19</p> <p>Aimee D. 10/19</p> <p>Grover R. 10/31</p>	<p>All activities are subject to change to accommodate the wants and needs of the community</p>