








































































































































November 2023

Mezzanine Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>THE CARRINGTON AT LINCOLNWOOD</p>	<ul style="list-style-type: none">  Creative Arts  Emotional  Health and Wellness  Intellectual  Nature  Purposeful  Recreation and Leisure  Restorative  Spiritual 	<p>Location Keys</p> <p>2nd FL Living Room AL 2nd FL Activity Room AL 4th FL Theater Bistro Fitness Center Independent Living Theater-3rd Floor Mezzanine Activity Room Mezzanine Library Mezzanine Living Room</p> <p>2LVR AAR ALT BST FC ILT Mez ML MLR</p>	10:00  Sit and Be Fit [Mez] 1 10:30  News and Views [Mez] 10:45  SingFit! [Mez] 12:30  Refresh and Recharge [Mez] 1:00  Bible Study with Suzanne [ML] 1:30  Exercise with Arthur [FC] 2:15  Social Time [Mez] 3:00  Happy Hour [BST] 5:30  Relax and Unwind [Mez]	10:00  Chair Volleyball [Mez] 2 10:30  News and Views 10:45  Have You Ever? [Mez] 12:30  Refresh and Recharge [Mez] 1:00  Rosary & Catholic Communion [ML] 1:30  Exercise with Arthur [FC] 2:30  Bingo Games 5:30  Relax and Unwind [Mez]	10:00  Dance Party Friday! [Mez] 3 10:30  News and Views [Mez] 10:45  Word Games [Mez] 12:30  Refresh and Recharge [Mez] 1:30  Fitness with Arthur [Mez] 2:30  Friday Movie Matinee- Dog Gone [Mez] 4:30  Shabbat [BST] 5:30  Relax and Unwind [Mez]	9:30  Carrington Community Church [BST] 4 10:30  Daily Chronicle [AAR] 11:00  Moving For Mobility [AAR] 12:30  Refresh and Recharge [Mez] 2:00  Bowling [Mez] 3:00  Game Time [Mez] 5:30  Relax and Unwind [Mez]
			Daylight Saving Time Begins 5 10:00  Move and Groove [Mez] 10:30  Daily Chronicle [Mez] 10:45  SingFit! [Mez] 12:30  Refresh and Recharge [Mez] 1:30  Noodleball [Mez] 2:00  Hotsie Totsie Fall Concert 2:00  Sort It Out [Mez] 3:00  Sunday Social [Mez] 5:30  Relax and Unwind [Mez] 6:00  Hotsie Totsie Fall Concert	10:00  Zumba and Laughter Yoga [Mez] 6 10:45  News and Views [Mez] 12:30  Refresh and Recharge [Mez] 1:00  Table Games 2:00  Big Band Dancing with Martha [FC] 2:30  Documentary Hour- Nature 4:00  Word Games [Mez] 5:30  Relax and Unwind [Mez]	Election Day 7 10:00  Move and Groove [Mez] 10:30  Music Therapy with Nancy [Mez] 12:30  Refresh and Recharge [Mez] 1:30  Shenanigans Ukulele Band [BST] 1:30  Workout with Jonah [FC] 2:30  Bingo [Mez] 3:30  Arm Chair Travels [Mez] 5:30  Relax and Unwind [Mez]	10:00  Sit and Be Fit [Mez] 8 10:30  News and Views [Mez] 10:45  SingFit! [Mez] 12:30  Refresh and Recharge [Mez] 1:30  Exercise with Arthur [FC] 2:15  Social Time [Mez] 3:00  Happy Hour [BST] 5:30  Relax and Unwind [Mez]
10:00  Move and Groove [Mez] 12 10:30  Daily Chronicle [Mez] 10:45  SingFit! [Mez] 12:30  Refresh and Recharge [Mez] 1:30  Noodleball [Mez] 2:00  Puzzles and Card Games 3:00  Hymn Sing with AnnaMarie [BST] 5:30  Relax and Unwind [Mez]	10:00  Zumba and Laughter Yoga [Mez] 13 10:45  News and Views [Mez] 12:30  Refresh and Recharge [Mez] 1:00  Table Games 2:00  Line Dancing with Martha! [FC] 2:30  Documentary Hour- Nature 4:00  Word Games [Mez] 5:30  Relax and Unwind [Mez]	10:00  News and Views [Mez] 14 10:30  Music Therapy with Nancy [Mez] 10:45  Karaoke [Mez] 12:30  Refresh and Recharge [Mez] 1:30  Opera Club [ILT] 1:30  Workout with Jonah [FC] 2:00  Bingo [Mez] 2:00  Painting with Colleen [AAR] 3:30  Arm Chair Travels [Mez] 5:30  Relax and Unwind [Mez]	10:00  Sit and Be Fit [Mez] 15 10:30  News and Views [Mez] 10:45  SingFit! [Mez] 12:30  Refresh and Recharge [Mez] 1:00  Bible Study with Suzanne [ML] 1:30  Nature Workshop with Alyse [Mez] 3:00  Happy Hour [BST] 5:30  Relax and Unwind [Mez]	10:00  Chair Volleyball [Mez] 16 10:30  News and Views 10:45  Have You Ever [Mez] 11:30 Thankful Thursday- Community Meal 12:30  Refresh and Recharge [Mez] 1:00  Rosary with Cozetta [ML] 1:30  Exercise with Arthur [FC] 2:00  Moments from Hollywood Musicals [ALT] 2:30  Bingo Games 5:30  Relax and Unwind [Mez]	10:00  Dance Party Friday! [Mez] 17 10:30  News and Views [Mez] 10:45  Word Games [Mez] 12:30  Refresh and Recharge [Mez] 1:30  Fitness with Arthur [Mez] 2:30  Friday Movie Matinee- Butch Cassidy and the Sundance Kid [Mez] 4:30  Shabbat [BST] 5:30  Relax and Unwind [Mez]	9:30  Carrington Community Church [BST] 18 10:30  Daily Chronicle [AAR] 11:00  Moving For Mobility [AAR] 12:30  Refresh and Recharge [Mez] 2:00  Bowling [Mez] 3:00  Broadway at the Carrington [BST] 3:00  Game Time [Mez] 5:30  Relax and Unwind [Mez]

November 2023 Mezzanine Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
19 10:00 🚶 Move and Groove [Mez] 10:30 📖 Daily Chronicle [Mez] 10:45 ❤️ SingFit! [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🚶 Noodleball [Mez] 2:00 🏠 Sort It Out [Mez] 2:00 🏠 Tea and Tchaikovsky [Mez] 3:00 🏠 Arm Chair Travels [Mez] 5:30 ❤️ Relax and Unwind [Mez]	20 10:00 🚶 Zumba and Laughter Yoga [Mez] 10:45 📖 News and Views [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:00 🏠 Table Games 2:00 🚶 Big Band Dancing with Martha [FC] 2:30 📖 Documentary Hour-Nature 4:00 📖 Word Games [Mez] 5:30 ❤️ Relax and Unwind [Mez]	21 10:00 🚶 Move and Groove [Mez] 10:30 🚶 Fitness with Arthur [Mez] 12:00 ❤️ Friendsgiving Potluck [MLR] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🚶 Workout with Jonah [FC] 2:00 🏠 Bingo [Mez] 3:30 🏠 Arm Chair Travels [Mez] 5:30 ❤️ Relax and Unwind [Mez]	22 10:00 🚶 Sit and Be Fit [Mez] 10:30 📖 News and Views [Mez] 10:45 ❤️ SingFit! [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🚶 Exercise with Arthur [FC] 2:15 🏠 Social Time [Mez] 3:00 🏠 Happy Hour [BST] 5:30 ❤️ Relax and Unwind [Mez]	Thanksgiving 23 10:00 🚶 Chair Volleyball [Mez] 10:30 ❤️ Drumming with Chris! [Mez] 10:30 📖 News and Views 10:45 📖 Trivia [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:00 🦋 Rosary with Cozetta [ML] 1:30 🚶 Exercise with Arthur [FC] 2:30 🏠 Bingo Games 5:30 ❤️ Relax and Unwind [Mez]	24 10:00 🎨 Creative Arts [Mez] 10:30 📖 News and Views [Mez] 10:45 📖 Word Games [Mez] 11:00 🎤 Sing along with Annamarie [2LVR] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🚶 Fitness with Arthur [Mez] 2:30 🏠 Friday Movie Matinee-Casablanca [Mez] 4:30 🦋 Shabbat [BST] 5:30 ❤️ Relax and Unwind [Mez]	25 9:30 🦋 Carrington Community Church and Communion [BST] 10:30 📖 Daily Chronicle [AAR] 11:00 🚶 Moving For Mobility [AAR] 12:30 🌿 Refresh and Recharge [Mez] 2:00 🚶 Bowling [Mez] 3:00 🏠 Game Time [Mez] 3:00 🎹 Parlor Piano with Patrick [BST] 3:30 🏠 Puzzles [Mez] 5:30 ❤️ Relax and Unwind [Mez]						
26 10:00 🚶 Move and Groove [Mez] 10:30 📖 Daily Chronicle [Mez] 10:45 ❤️ SingFit! [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🚶 Noodleball [Mez] 2:00 🏠 Baking Club [Mez] 3:00 ❤️ Sunday Social [Mez] 5:30 ❤️ Relax and Unwind [Mez]	27 10:00 🚶 Zumba and Laughter Yoga [Mez] 10:45 📖 News and Views [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:00 🏠 Table Games 2:00 🚶 Line Dancing with Martha! [FC] 2:30 📖 Documentary Hour-Nature 4:00 📖 Word Games [Mez] 5:30 ❤️ Relax and Unwind [Mez]	28 10:00 📖 Daily Chronicle [Mez] 10:30 🚶 Fitness with Arthur [Mez] 10:45 🏠 Karaoke [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🚶 Workout with Jonah [FC] 2:00 🏠 Bingo [Mez] 3:30 🏠 Arm Chair Travels [Mez] 5:30 ❤️ Relax and Unwind [Mez]	29 10:00 🚶 Sit and Be Fit [Mez] 10:30 📖 News and Views [Mez] 10:45 ❤️ SingFit! [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:00 🦋 Bible Study with Suzanne [ML] 1:30 🚶 Exercise with Arthur [FC] 2:15 🏠 Social Time [Mez] 3:00 🏠 Happy Hour [BST] 5:30 ❤️ Relax and Unwind [Mez]	30 10:00 🚶 Chair Volleyball [Mez] 10:30 📖 News and Views 10:45 📖 Have You Ever? [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:00 🦋 Rosary & Catholic Communion [ML] 1:30 🚶 Exercise with Arthur [FC] 2:30 🏠 Bingo Games 2:30 🏠 November Birthday Bash with Frank Lee [2LVR] 5:30 ❤️ Relax and Unwind [Mez]	<p style="text-align: center;">Resident Birthdays</p> <table border="0"> <tr> <td>Marie P.</td> <td style="text-align: right;">11/15</td> </tr> <tr> <td>Sylvia K.</td> <td style="text-align: right;">11/19</td> </tr> <tr> <td>Sybil L.</td> <td style="text-align: right;">11/26</td> </tr> </table>		Marie P.	11/15	Sylvia K.	11/19	Sybil L.	11/26
Marie P.	11/15											
Sylvia K.	11/19											
Sybil L.	11/26											

“Each day I am thankful for nights that turned into mornings, friends that turned into family, dreams that turned into reality and likes that turned into loves.”
— Unknown

- 🎨 Creative Arts
- ❤️ Emotional
- 🚶 Health and Wellness
- 📖 Intellectual
- 🌿 Nature
- 🏠 Purposeful
- 🏠 Recreation and Leisure
- 🌿 Restorative
- 🦋 Spiritual

Location Keys

2nd FL Living Room	2LVR
AL 2nd FL Activity Room	AAR
AL 4th FL Theater	ALT
Bistro	BST
Fitness Center	FC
Independent Living Theater-3rd Floor	ILT
Mezzanine Activity Room	Mez
Mezzanine Library	ML
Mezzanine Living Room	MLR

All activities are subject to change.
Please refer to the Daily Sheet for the most up to date schedule of programs



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