


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 THE CARRINGTON AT LINCOLNWOOD	Resident Birthdays Louise M. 11/1 Elizabeth B. 11/2 Stanley M. 11/16 Lorna S. 11/17	Location Keys 2nd FL Living Room AL 2nd FL Activity Room AL 4th FL Theater Bistro Fitness Center Independent Living Cafe Independent Living Game Room-4th Floor Independent Living Theater-3rd Floor Mezzanine Activity Room Mezzanine Library Outing Ping Pong Room -3rd Floor Independent Living	10:00 ⚡ Daily Chronicle [AAR] 1 10:45 🔄 Zumba with Jeanette! [AAR] 1:30 🔄 Exercise with Arthur [FC] 3:00 🐾 Happy Hour [BST] 6:15 🐾 Movie Night - We Have A Ghost [ALT] 7:00 🐾 Silver Screen- [BST]	10:00 🔄 Move and Groove [AAR] 2 10:30 ⚡ Daily Chronicle [AAR] 1:00 🦋 Rosary & Catholic Communion [ML] 1:30 🔄 Exercise with Arthur [FC] 2:00 🍫 Hot Chocolate and Candy Making [AAR] 3:00 🗣️ Who am I? [AAR] 6:15 🐾 Movie Night - Bombshell: The Hedy Lamar Story [ALT] 7:00 🐾 Poker Night [ILGR]	10:00 🔄 Exercise It! [AAR] 3 10:30 ⚡ Daily Chronicle [AAR] 1:30 🔄 Fitness with Arthur [Mez] 2:00 🔄 Chair Yoga [FC] 3:00 🐾 Bingo! [AAR] 4:30 🦋 Shabbat [BST] 6:15 🐾 Movie Night - No Way Out [ALT]	9:30 🦋 Carrington Community Church [BST] 4 10:30 ⚡ Daily Chronicle [AAR] 11:00 🔄 Moving For Mobility [AAR] 1:00 ⚡ Song and Movie Trivia! [AAR] 2:00 🐾 Afternoon Cinema - Quiet Girl [ALT]
Daylight Saving Time Begins 5 8:35 🦋 Edgebrook Lutheran Church [OUT] 10:00 🔄 Move and Groove [AAR] 10:30 ⚡ Daily Chronicle [AAR] 10:35 🦋 Queen of All Saints Basilica [OUT] 10:45 ❤️ SingFit! [Mez] 2:00 🎭 Hotsie Totsie Fall Concert 2:00 🐾 Sunday Musical Matinee - Beauty And The Beast [ALT] 4:00 ⚡ Word Games! [AAR] 6:00 🎭 Hotsie Totsie Fall Concert	10:00 🔄 Sit and Be Fit [AAR] 6 10:30 ⚡ Daily Chronicle [AAR] 11:00 🐾 Arm Chair Travels with Rick Steves [AAR] 2:00 🔄 Big Band Dancing with Martha [FC] 3:00 🐾 Bingo! [AAR] 6:15 🐾 Movie Night - Tomorrow Never Dies [ALT] 7:00 🐾 Poker Night [ILGR] 7:15 🎭 Everyone Has A Story [BST]	Election Day 7 10:00 ⚡ Daily Chronicle [AAR] 10:30 🔄 Fitness with Arthur [AAR] 11:00 ⚡ Current Events with Sally [BST] 1:30 🎭 Shenanigans Ukulele Band [BST] 1:30 🔄 Workout with Jonah [FC] 2:30 🎨 Creative Studio [AAR] 6:15 🐾 Movie Night - Unforgiven [ALT]	10:00 ⚡ Daily Chronicle [AAR] 8 10:00 🗣️ Med Talk: Dementia Care in our Community [BST] 10:45 🔄 Zumba with Jeanette! [AAR] 1:30 🔄 Exercise with Arthur [FC] 1:30 🗣️ Food and Beverage Meeting [ALT] 3:00 🐾 Happy Hour [BST] 6:15 🐾 Movie Night - Sound of Freedom [ALT] 7:00 🐾 Silver Screen- [BST]	10:00 🔄 Move and Groove [AAR] 9 10:30 ⚡ Art History with Debra [ALT] 10:30 ⚡ Daily Chronicle [AAR] 1:00 🦋 Rosary with Cozetta [ML] 1:30 🔄 Exercise with Arthur [FC] 2:00 🍻 Rootbeer Float Social [AAR] 3:00 🗣️ Scattergories [AAR] 6:15 🐾 Movie Night - Everything is Illuminated [ALT] 7:00 🐾 Poker Night [ILGR]	10:00 🔄 Exercise It! [AAR] 10 10:30 ⚡ Daily Chronicle [AAR] 11:00 🗣️ Activity Meeting [AAR] 1:30 🔄 Fitness with Arthur [Mez] 2:00 🔄 Chair Yoga [FC] 3:00 🐾 Bingo! [AAR] 4:30 🦋 Shabbat [BST] 6:15 🐾 Movie Night - Shadowlands [ALT]	Veterans Day 11 9:30 🦋 Veterans Day and Carrington Community Church [BST] 10:30 ⚡ Daily Chronicle [AAR] 11:00 🔄 Moving For Mobility [AAR] 1:00 ⚡ Song and Movie Trivia! [AAR] 2:00 🐾 Afternoon Cinema - The Bedford Incident [ALT]
8:35 🦋 Edgebrook Lutheran Church [OUT] 12 10:00 🔄 Move and Groove [AAR] 10:30 ⚡ Daily Chronicle [AAR] 10:35 🦋 Queen of All Saints Basilica [OUT] 10:45 ❤️ SingFit! [Mez] 2:00 🐾 Bingo With Trudy [ILC] 2:00 🐾 Sunday Musical Matinee - Yankee Doodle Dandy [ALT] 3:00 🦋 Hymn Sing with AnnaMarie [BST] 4:00 ⚡ Word Games! [AAR]	10:00 🔄 Sit and Be Fit [AAR] 13 10:30 ⚡ Daily Chronicle [AAR] 11:00 🐾 Arm Chair Travels with Rick Steves [AAR] 1:30 🗣️ Movie Committee Meeting [ILPPR] 2:00 🔄 Line Dancing with Martha! [FC] 3:00 🐾 Bingo! [AAR] 6:15 🐾 Movie Night - Day Of Wine And Roses [ALT] 7:00 🐾 Poker Night [ILGR]	10:00 ⚡ Daily Chronicle [AAR] 14 10:30 🔄 Sit and Be Fit [AAR] 11:00 ⚡ Current Events with Sally [BST] 1:30 🎭 Opera Club [ILT] 1:30 🔄 Workout with Jonah [FC] 2:00 🎨 Painting with Colleen [AAR] 6:15 🐾 Movie Night - Flags Of Father [ALT]	10:00 ⚡ Daily Chronicle [AAR] 15 10:45 🔄 Zumba with Jeanette! [AAR] 1:00 🗣️ Parkinson's Support Group [ILGR] 1:30 🔄 Exercise with Arthur [FC] 3:00 🐾 Happy Hour [BST] 6:15 🐾 Movie Night - Imitation Game [ALT] 7:00 🐾 Silver Screen- [BST]	10:00 🔄 Move and Groove [AAR] 16 10:30 ⚡ Daily Chronicle [AAR] 11:30 🍽️ Thankful Thursday-Community Meal 1:00 🦋 Rosary with Cozetta [ML] 1:30 🔄 Exercise with Arthur [FC] 2:00 🎭 Moments from Hollywood Musicals [ALT] 6:15 🐾 Movie Night - Red Trees [ALT] 7:00 🐾 Poker Night [ILGR]	10:00 🔄 Exercise It! [AAR] 17 10:30 ⚡ Daily Chronicle [AAR] 1:30 🔄 Fitness with Arthur [Mez] 2:00 🔄 Chair Yoga [FC] 3:00 🐾 Bingo! [AAR] 4:30 🦋 Shabbat [BST] 6:15 🐾 Movie Night - Woman In Gold [ALT]	9:30 🦋 Carrington Community Church [BST] 18 10:30 ⚡ Daily Chronicle [AAR] 11:00 🔄 Moving For Mobility [AAR] 1:00 ⚡ Song and Movie Trivia! [AAR] 2:00 🐾 Afternoon Cinema - Patch Adams [ALT] 3:00 🎭 Broadway at the Carrington [BST]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:35 🦋 Edgebrook Lutheran Church [OUT] 19</p> <p>10:00 ➡ Move and Groove [AAR]</p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>10:35 🦋 Queen of All Saints Basilica [OUT]</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>2:00 🐾 Bingo With Trudy [ILC]</p> <p>2:00 🐾 Sunday Matinee - Mr. Hollands Opus [ALT]</p> <p>4:00 💡 Word Games! [AAR]</p>	<p>10:00 ➡ Sit and Be Fit [AAR] 20</p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>11:00 🐾 Arm Chair Travels with Rick Steves [AAR]</p> <p>2:00 ➡ Big Band Dancing with Martha [FC]</p> <p>3:00 🐾 Bingo! [AAR]</p> <p>6:15 🐾 Movie Night - Bridget Jones Diary [ALT]</p> <p>7:00 🐾 Poker Night [ILGR]</p> <p>7:15 🦋 Everyone Has A Story [BST]</p>	<p>10:00 💡 Daily Chronicle [AAR] 21</p> <p>10:30 ➡ Fitness with Arthur [AAR]</p> <p>11:00 💡 Current Events with Sally [BST]</p> <p>1:30 ➡ Workout with Jonah [FC]</p> <p>2:30 Creative Studio [AAR]</p> <p>6:15 🐾 Movie Night - Million Dollar Baby [ALT]</p>	<p>10:00 💡 Daily Chronicle [AAR] 22</p> <p>10:45 ➡ Zumba with Jeanette! [AAR]</p> <p>1:30 ➡ Exercise with Arthur [FC]</p> <p>3:00 🐾 Happy Hour [BST]</p> <p>6:15 🐾 Movie Night - Carole [ALT]</p> <p>7:00 🐾 Silver Screen- [BST]</p>	<p>Thanksgiving 23</p> <p>10:00 ➡ Move and Groove [AAR]</p> <p>10:30 Daily Chronicle [AAR]</p> <p>1:00 🦋 Rosary with Cozetta [ML]</p> <p>1:30 ➡ Exercise with Arthur [FC]</p> <p>2:00 Thanksgiving Trivia [AAR]</p> <p>3:00 Thanksgiving Craft [AAR]</p> <p>6:15 🐾 Movie Night - Denial [ALT]</p> <p>7:00 🐾 Poker Night [ILGR]</p>	<p>10:00 ➡ Exercise It! [AAR] 24</p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>11:00 Sing along with Annamarie [2LVR]</p> <p>1:30 ➡ Fitness with Arthur [Mez]</p> <p>2:00 ➡ Chair Yoga [FC]</p> <p>3:00 🐾 Bingo! [AAR]</p> <p>4:30 🦋 Shabbat [BST]</p> <p>6:15 🐾 Movie Night - Serindipity [ALT]</p>	<p>9:30 🦋 Carrington Community Church and Communion [BST] 25</p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>11:00 ➡ Moving For Mobility [AAR]</p> <p>1:00 💡 Song and Movie Trivia! [AAR]</p> <p>2:00 🐾 Afternoon Cinema - Tourist [ALT]</p> <p>3:00 🦋 Parlor Piano with Patrick [BST]</p>
<p>8:35 🦋 Edgebrook Lutheran Church [OUT] 26</p> <p>10:00 ➡ Move and Groove [AAR]</p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>10:35 🦋 Queen of All Saints Basilica [OUT]</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>2:00 🐾 Bingo With Trudy [ILC]</p> <p>2:00 🐾 Sunday Musical Matinee - The Lion King [ALT]</p> <p>4:00 💡 Word Games! [AAR]</p>	<p>10:00 ➡ Sit and Be Fit [AAR] 27</p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>11:00 🐾 Arm Chair Travels with Rick Steves [AAR]</p> <p>11:15 TedTalk Time [BST]</p> <p>2:00 ➡ Line Dancing with Martha! [FC]</p> <p>3:00 🐾 Bingo! [AAR]</p> <p>6:15 🐾 Movie Night - Mrs. Brown [ALT]</p> <p>7:00 🐾 Poker Night [ILGR]</p>	<p>10:00 💡 Daily Chronicle [AAR] 28</p> <p>10:30 ➡ Sit and Be Fit [AAR]</p> <p>1:30 ➡ Workout with Jonah [FC]</p> <p>2:30 Creative Studio [AAR]</p> <p>6:15 🐾 Movie Night - Mystic River [ALT]</p>	<p>10:00 💡 Daily Chronicle [AAR] 29</p> <p>10:30 New! Sharing Good Reads</p> <p>10:45 ➡ Zumba with Jeanette! [AAR]</p> <p>1:30 ➡ Exercise with Arthur [FC]</p> <p>3:00 🐾 Happy Hour [BST]</p> <p>6:15 🐾 Movie Night - Loving [ALT]</p> <p>7:00 🐾 Silver Screen- [BST]</p>	<p>10:00 ➡ Move and Groove [AAR] 30</p> <p>10:30 Daily Chronicle [AAR]</p> <p>12:30 Kindness Chains Boutique [ILC]</p> <p>1:00 🦋 Rosary & Catholic Communion [ML]</p> <p>1:30 ➡ Exercise with Arthur [FC]</p> <p>2:30 🐾 November Birthday Bash with Frank Lee [2LVR]</p> <p>6:15 🐾 Movie Night - Forgotten Love [ALT]</p> <p>7:00 🐾 Poker Night [ILGR]</p>	<ul style="list-style-type: none"> 🎨 Creative Arts ❤️ Emotional ➡ Health and Wellness 💡 Intellectual 🏠 Purposeful 🐾 Recreation and Leisure 🦋 Spiritual 	

Resident Birthdays		Location Keys	
Louise M.	11/1	2nd FL Living Room	2LVF
Elizabeth B.	11/2	AL 2nd FL Activity Room	AAF
Stanley M.	11/16	AL 4th FL Theater	ALT
Lorna S.	11/17	Bistro	BST
		Fitness Center	FC
		Independent Living Cafe	ILC
		Independent Living Game Room-4th Floor	ILGF
		Independent Living Theater-3rd Floor	ILT
		Mezzanine Activity Room	Mez
		Mezzanine Library	ML
		Outing	OUT
		Ping Pong Room -3rd Floor Independent Living	ILPPF

- 🎨 Creative Arts
- ❤️ Emotional
- ➡ Health and Wellness
- 💡 Intellectual
- 🏠 Purposeful
- 🐾 Recreation and Leisure
- 🦋 Spiritual



All Activities are subject to change.

Please refer to the daily schedule for the most up to date calendar.