

December 2023
Memory Care

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December cont'd 31 New Year's Eve 10:00 🛠️ Commit To Be Fit 10:45 ⚡ Daily Chronicle 11:00 🏳️ New Years Resolutions 2:00 🧡 New Years Eve Countdown 4:00 🏳️ Finish the Lyric	THE CARRINGTON AT LINCOLNWOOD	🧠 Creative Arts ❤️ Emotional 🛠️ Health and Wellness 💡 Intellectual 🌱 Nature 🏳️ Purposeful 🧡 Recreation and Leisure 🌿 Restorative 🦋 Spiritual	Resident Birthdays Arlene C. 12/8 Michael N. 12/10	All activities are subject to change to accommodate the wants and needs of the community	10:00 🛠️ Rock Steady [MCS] 10:00 🌿 Sunshine Club 10:30 ⚡ Daily Chronicle 10:45 🛠️ Fruit Smoothie Friday! [MCS] 1:30 🛠️ SingFit! 2:15 🌿 Tree Trimming Party [MCS] 3:00 ❤️ Snack and Chat 3:30 ❤️ Holiday Reminiscing 4:00 🌿 Hand Massages	10:00 🛠️ Moving for Mobility [MCS] 10:00 🌿 Sunshine Club 10:45 ⚡ Daily Chronicle 1:30 🛠️ Balloon Toss 1:30 🌿 Sensory Sensations 2:00 🧡 Puzzles 2:30 🌿 Snack and Chat 3:00 🦋 Hymn Sing with Q 4:00 🌿 Mindful Meditations
10:00 🛠️ Commit To Be Fit 10:45 ⚡ Daily Chronicle 1:30 🛠️ SingFit! 2:00 🧠 Hotsie Totsie Fall Concert 2:30 🧡 Bean Bag Toss 3:00 ❤️ Snack and Chat 4:00 🏳️ Finish the Lyric	10:00 🛠️ Noodle Ball 10:30 ⚡ Daily Chronicle 10:45 🧡 Name That Tune 1:00 🛠️ Jumbo Soccer 1:30 🧡 Sing A Long 2:00 🧡 Musical Monday Matinee 3:00 🏳️ Snack and Chat 4:00 ❤️ Hand Massages	10:00 🛠️ Sit and Be Fit 10:00 🌿 Sunshine Club 10:45 🧡 Daily Chronicle 1:30 🛠️ Dance Party! 2:00 ❤️ Picture it! Story Telling 2:00 ❤️ Spa Time! [MCS] 3:00 🏳️ Snack and Chat 4:00 🏳️ Finish the Lyric	10:00 🌿 Sunshine Club 10:00 🛠️ Zumba with Janette! 10:30 ⚡ Daily Chronicle 10:45 🧡 Would You Rather.. 11:30 🧡 Lunch Outing 1:30 🛠️ SingFit! 2:00 🌿 Sensory Sensations 2:15 🧡 Remembering Rita Moreno! 3:00 🏳️ Snack and Chat 4:00 🏳️ Finish the Lyric	Hanukkah Begins 10:00 🛠️ Exercise it! 10:00 🌿 Sunshine Club 10:30 ⚡ Daily Chronicle 10:30 ⚡ Give Me Five! 1:30 ❤️ Songs by Heart 2:30 🌿 Sensory Sensations 3:00 🏳️ Snack and Chat 3:30 🧡 Finish the Lyric 4:00 🦋 Hanukkah Candle Lighting	10:00 🛠️ Rock Steady [MCS] 10:00 🌿 Sunshine Club 10:30 ⚡ Daily Chronicle 10:45 🧡 Fruit Smoothie Friday! 1:30 🛠️ SingFit! 2:00 🦋 Hanukkah Poetry and Reminiscing 3:00 ❤️ Snack and Chat 3:30 🧡 Short Stories 4:00 🌿 Hand Massages 4:00 🦋 Hanukkah Candle Lighting	10:00 🛠️ Moving for Mobility [MCS] 10:30 🦋 Nativity Set-Up 10:45 ⚡ Daily Chronicle 1:00 🛠️ Dance it Out! 1:30 Sing A Long 2:00 🧡 Puzzles 2:30 🌿 Snack and Chat 3:00 🦋 Hymn Sing with Q 3:30 🌿 Mindful Meditations 4:00 🦋 Hanukkah Candle Lighting
10:00 🛠️ Commit To Be Fit 10:45 ⚡ Daily Chronicle 1:30 🛠️ SingFit! 2:00 🏳️ Cooking with Kelly-Latkes [MCS] 2:30 🧡 Bean Bag Toss 2:30 🧡 Latkes and Dreidel Games [MCS] 3:00 ❤️ Snack and Chat 3:00 🧡 Special Concert: Hurricane Saxophone Quartet [BST] 3:30 🏳️ Finish the Lyric 4:00 🦋 Hanukkah Candle Lighting	10:00 🛠️ Noodle Ball 10:00 ❤️ Sunshine Club 10:30 ⚡ Daily Chronicle 10:45 🧡 Name That Tune 1:00 🛠️ Jumbo Soccer 1:30 🧡 Sing A Long 2:00 ❤️ Sensory Sensations 3:00 🏳️ Snack and Chat 3:30 ❤️ Hand Massages 4:00 🦋 Hanukkah Candle Lighting	10:00 🛠️ Sit and Be Fit 10:00 🌿 Sunshine Club 10:30 🧡 Drumming with Chris! 1:30 🛠️ Dance Party! 2:00 🧡 New York Nostalgia: A Musical Celebration 2:00 ❤️ Spa Time! [MCS] 3:00 🏳️ Snack and Chat 3:30 🏳️ Finish the Lyric 4:00 🦋 Hanukkah Candle Lighting	10:00 🌿 Sunshine Club 10:00 🛠️ Zumba with Janette! 10:30 ⚡ Daily Chronicle 10:45 🧡 Would You Rather.. 11:30 🧡 Lunch Outing 1:30 🛠️ SingFit! 2:00 🌿 Sensory Sensations-Holiday Scents 3:00 🏳️ Snack and Chat 3:30 🏳️ Finish the Lyric 4:00 🦋 Hanukkah Candle Lighting	10:00 🛠️ Exercise it! 10:00 🌿 Sunshine Club 10:30 ⚡ Daily Chronicle 10:45 ⚡ Give Me Five! 1:30 ❤️ Songs by Heart 2:30 🌿 Sensory Sensations 3:00 🏳️ Snack and Chat 3:30 Finish the Lyric 4:00 🦋 Hanukkah Candle Lighting	10:00 🛠️ Rock Steady [MCS] 10:00 🌿 Sunshine Club 10:30 ⚡ Daily Chronicle 10:45 🧡 Fruit Smoothie Friday! 1:30 🛠️ SingFit! 2:00 🧡 Classic Toys Bingo 2:00 🌿 Sensory Sensations 3:00 ❤️ Snack and Chat 3:30 🧡 Short Stories 4:00 🌿 Hand Massages	10:00 🛠️ Moving for Mobility [MCS] 10:00 🌿 Sunshine Club 10:45 ⚡ Daily Chronicle 1:30 🛠️ Balloon Toss 2:00 🧡 Puzzles 2:00 🌿 Sensory Sensations 2:30 🌿 Snack and Chat 3:00 🦋 Hymn Sing with Q 4:00 🌿 Mindful Meditations
10:00 🛠️ Commit To Be Fit 10:00 🌿 Sunshine Club 10:45 ⚡ Daily Chronicle 1:30 🛠️ SingFit! 2:00 🌿 Sensory Sensations 2:15 🏳️ Cookie Decorating [MCS] 2:30 🧡 Bean Bag Toss 3:00 ❤️ Snack and Chat 4:00 🏳️ Finish the Lyric	10:00 🛠️ Noodle Ball 10:30 ❤️ Music Therapy with Nancy Swanson 1:00 🛠️ Jumbo Soccer 1:30 🧡 Stories & Songs 2:30 Holiday Caroling 3:00 🏳️ Snack and Chat 4:00 ❤️ Hand Massages 5:30 🧡 Holiday Lights Outing	10:00 🌿 Sunshine Club 10:00 🛠️ Zumba with Janette! 10:45 🧡 Daily Chronicle 1:30 🛠️ Dance Party! 2:00 ❤️ Spa Time! [MCS] 3:00 🏳️ Snack and Chat 4:00 🏳️ Finish the Lyric	10:00 🛠️ Exercise Fun 10:00 🌿 Sunshine Club 10:30 ⚡ Daily Chronicle 10:45 🧡 Would You Rather.. 2:00 🧡 Holiday Party [MCN] 4:00 🏳️ Finish the Lyric	10:00 🛠️ Exercise it! 10:00 🌿 Sunshine Club 10:30 ⚡ Daily Chronicle 10:45 ⚡ Give Me Five! 1:30 ❤️ Songs by Heart 2:30 🛠️ Noodle Ball 2:30 🌿 Sensory Sensations 3:00 🏳️ Snack and Chat 4:00 Finish the Lyric	10:00 🛠️ Rock Steady [MCS] 10:00 🌿 Sunshine Club 10:30 ⚡ Daily Chronicle 10:45 🧡 Fruit Smoothie Friday! 1:30 🛠️ SingFit! 2:00 🌿 Sensory Sensations 2:30 🛠️ Move and Groove 3:00 ❤️ Snack and Chat 3:30 🧡 Short Stories 4:00 🌿 Hand Massages	10:00 🛠️ Moving for Mobility [MCS] 10:45 ⚡ Daily Chronicle 1:30 🛠️ Dance it Out! 2:00 🧡 Puzzles 2:30 🌿 Snack and Chat 3:00 🦋 Hymn Sing with Q 4:00 🌿 Mindful Meditations
Christmas Eve 10:00 🛠️ Commit To Be Fit 10:45 ⚡ Daily Chronicle 1:30 🛠️ SingFit! 2:00 ❤️ T'was the night before Christmas and hot cocoa 2:30 🧡 Bean Bag Toss 3:00 ❤️ Snack and Chat 4:00 🏳️ Finish the Lyric	Christmas Day 10:00 🛠️ Noodle Ball 10:30 ⚡ Daily Chronicle 10:45 ❤️ Christmas Music Trivia 1:00 🧡 Christmas Movie Matinee-It's a Wonderful Life 3:00 🏳️ Snack and Chat 4:00 ❤️ Hand Massages	10:00 🛠️ Move and Groove 10:00 🌿 Sunshine Club 10:45 🧡 Daily Chronicle 1:30 🛠️ Dance Party! 2:00 🧡 Opposite Word Game 2:00 ❤️ Spa Time! [MCS] 3:00 🏳️ Snack and Chat 4:00 🏳️ Finish the Lyric	10:00 🌿 Sunshine Club 10:00 🛠️ Zumba with Janette! 10:30 ⚡ Daily Chronicle 10:45 🧡 Would You Rather.. 1:30 🛠️ SingFit! 2:00 🧡 Birthday Bash 3:00 🏳️ Snack and Chat 4:00 🏳️ Finish the Lyric	10:00 🛠️ Exercise it! 10:00 🌿 Sunshine Club 10:30 ⚡ Daily Chronicle 10:45 ⚡ Give Me Five! 1:30 ❤️ Songs by Heart 2:30 🛠️ Noodle Ball 2:30 🌿 Sensory Sensations 3:00 🏳️ Snack and Chat 4:00 Finish the Lyric	10:00 🛠️ Rock Steady [MCS] 10:00 🌿 Sunshine Club 10:30 ⚡ Daily Chronicle 10:45 🧡 Fruit Smoothie Friday! 1:30 🛠️ SingFit! 2:30 ❤️ Sensory Sensations 3:00 ❤️ Snack and Chat 3:30 🌱 Nature Viewing 4:00 🌿 Hand Massages	10:00 🛠️ Moving for Mobility [MCS] 10:00 🌿 Sunshine Club 10:45 ⚡ Daily Chronicle 1:30 🛠️ Balloon Toss 2:00 🧡 Puzzles 2:30 🌿 Snack and Chat 3:00 🦋 Hymn Sing with Q 4:00 🌿 Mindful Meditations