


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 THE CARRINGTON AT LINCOLNWOOD	<b>New Year's Day 1</b> 10:00 🚶 Sit and Be Fit [AAR] 10:30 💡 Daily Chronicle [AAR] 10:45 🧑 Arm Chair Travels with Rick Steves [AAR] 1:00 🏃 Movement and Balance with Select Rehab [FC] 2:00 🏠 Trivia! [AAR] 3:00 🧑 Bingo! [AAR] 6:15 🧑 Movie Night - Desk Set [ALT] 7:00 🧑 Poker Night [ILGR]	<b>2</b> 10:00 💡 Daily Chronicle [AAR] 10:30 🚶 Fitness with Arthur [AAR] 11:00 💡 Current Events with Sally [BST] 1:30 🚶 Workout with Jonah [FC] 2:30 ❤️ Creative Studio [AAR] 6:15 🧑 Movie Night - Cocoon [ALT]	<b>3</b> 10:00 💡 Daily Chronicle [AAR] 10:45 🚶 Zumba with Jeanette! [AAR] 1:30 🚶 Exercise with Arthur [FC] 2:00 🏠 Karaoke [AAR] 3:00 🧑 Happy Hour [BST] 6:15 🧑 Movie Night - The Wife [ALT]	<b>4</b> 10:00 🌿 Nature Talks with Alyse [AAR] 10:45 💡 Daily Chronicle [AAR] 1:00 🧑 Rosary and Communion with Cozetta [ML] 1:30 🚶 Exercise with Arthur [FC] 2:00 🚶 Dancing with Martha [FC] 2:00 💡 Tech Help with Regie [ILC] 6:15 🧑 Movie Night - The Chosen [ALT] 7:00 🧑 Poker Night [ILGR]	<b>5</b> 10:00 🚶 Exercise It! [AAR] 10:30 💡 Daily Chronicle [AAR] 10:45 💡 Table Games [AAR] 1:30 🚶 Fitness with Arthur [AAR] 2:00 🚶 Chair Yoga [FC] 3:00 🧑 Bingo! [AAR] 4:30 🧑 Shabbat [BST] 6:15 🧑 Movie Night - October Sky [ALT]	<b>6</b> 9:30 🧑 Carrington Community Church [BST] 10:30 💡 Daily Chronicle [AAR] 11:00 🚶 Moving For Mobility [AAR] 11:00 🏠 Plant Doctors 1:00 💡 Word games or Puzzles [AAR] 2:00 🧑 Afternoon Cinema - Chocolat [ALT]
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 🧑 Bingo With Trudy [ILC] 2:00 🧑 Special Sunday Matinee - Sleeping with the Enemy [ALT]	<b>8</b> 10:00 🚶 Sit and Be Fit [AAR] 10:30 💡 Daily Chronicle [AAR] 10:45 🧑 Arm Chair Travels with Rick Steves [AAR] 1:00 🏃 Movement and Balance with Select Rehab [FC] 1:30 🏠 Movie Selection Committee Meeting [ILPPR] 2:00 🚶 Dancing with Martha! [FC] 2:30 ❤️ Everyone Has a Story Special Edition: Charles Devlin [BST] 3:00 🧑 Bingo! [AAR] 6:15 🧑 Movie Night - Les Miserables [ALT] 7:00 🧑 Poker Night [ILGR]	<b>9</b> 10:00 💡 Daily Chronicle [AAR] 10:30 🚶 Sit and Be Fit! [AAR] 1:30 🧑 Opera Club 1:30 🚶 Workout with Jonah [FC] 2:00 🎨 Painting with Colleen [AAR] 6:15 🧑 Movie Night - Splash [ALT]	<b>10</b> 10:00 💡 Daily Chronicle [AAR] 10:00 💡 Med Talk: Dementia 101 [BST] 10:45 🚶 Zumba with Jeanette! [AAR] 1:30 🚶 Exercise with Arthur [FC] 2:00 🏠 Karaoke [AAR] 3:00 🧑 Happy Hour [BST] 6:15 🧑 Movie Night - Love at First Sight [ALT]	<b>11</b> 10:00 🚶 Move and Groove [AAR] 10:30 💡 Art History with Debra [ALT] 10:30 💡 Daily Chronicle [AAR] 10:45 💡 Trivia! [AAR] 1:00 🧑 Rosary with Cozetta [ML] 1:30 🚶 Exercise with Arthur [FC] 2:00 💡 Tech Help with Regie [ILC] 2:30 💡 White Elephant Gift Party [2LVR] 6:15 🧑 Movie Night - Funny Girl [ALT] 7:00 🧑 Poker Night [ILGR]	<b>12</b> 10:00 🚶 Exercise It! [AAR] 10:30 💡 Daily Chronicle [AAR] 10:45 💡 Table games [AAR] 1:30 🚶 Fitness with Arthur [AAR] 2:00 🚶 Chair Yoga [FC] 3:00 🧑 Bingo! [AAR] 4:30 🧑 Shabbat [BST] 6:15 🧑 Movie Night [ALT]	<b>13</b> 9:30 🧑 Carrington Community Church [BST] 10:30 💡 Daily Chronicle [AAR] 11:00 🚶 Moving For Mobility [AAR] 1:00 💡 Word games or Puzzles [AAR] 2:00 🧑 Afternoon Cinema - Gidget [ALT]
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 🧑 Bingo With Trudy [ILC] 2:00 🧑 Special Sunday Matinee - The Immigrant Garden [ALT] 3:00 🧑 Hymn Sing with Annamarie [BST]	<b>Martin Luther King, Jr. Day 15</b> 10:00 🚶 Sit and Be Fit [AAR] 10:30 💡 Daily Chronicle [AAR] 10:45 🧑 Remembering Martin Luther King, Jr [AAR] 1:00 🏃 Movement and Balance with Select Rehab [FC] 2:00 🚶 Dancing with Martha [FC] 3:00 🧑 Bingo! [AAR] 6:15 🧑 Movie Night - The Green Book [ALT] 7:00 🧑 Poker Night [ILGR]	<b>16</b> 10:00 💡 Daily Chronicle [AAR] 10:30 🚶 Fitness with Arthur [AAR] 11:00 💡 Current Events with Sally [BST] 1:30 🚶 Workout with Jonah [FC] 2:30 ❤️ Creative Studio [AAR] 6:15 🧑 Movie Night - Rustin [ALT]	<b>17</b> 10:00 💡 Daily Chronicle [AAR] 10:45 🚶 Zumba with Jeanette! [AAR] 1:30 🚶 Exercise with Arthur [FC] 2:00 🏠 Karaoke [AAR] 3:00 🧑 Happy Hour [BST] 6:15 🧑 Movie Night - Nyad [ALT]	<b>18</b> 10:00 🚶 Move and Groove [AAR] 10:30 💡 Daily Chronicle [AAR] 10:45 💡 Trivia! [AAR] 1:00 🧑 Rosary with Cozetta [ML] 1:30 🚶 Exercise with Arthur [FC] 2:00 💡 Tech Help with Regie [ILC] 3:15 🧑 Moments from Hollywood Musicals [ALT] 6:15 🧑 Movie Night - Keeping up with the Steins [ALT] 7:00 🧑 Poker Night [ILGR]	<b>19</b> 10:00 🚶 Exercise It! [AAR] 10:30 💡 Daily Chronicle [AAR] 10:30 🏠 Veteran's Club [ILGR] 10:45 💡 Table games [AAR] 1:30 🚶 Fitness with Arthur [AAR] 2:00 🚶 Chair Yoga [FC] 3:00 🧑 Bingo! [AAR] 4:30 🧑 Shabbat [BST] 6:15 🧑 Movie Night - They Were Expendable [ALT]	<b>20</b> 9:30 🧑 Carrington Community Church [BST] 10:30 💡 Daily Chronicle [AAR] 11:00 🚶 Moving For Mobility [AAR] 11:00 🏠 Plant Doctors 1:00 💡 Word games or Puzzles [AAR] 2:00 🧑 Afternoon Cinema - Paths of Glory [ALT]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>8:35 🦋 Edgebrook Lutheran Church [OUT] <b>21</b></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 🐾 Special Sunday Matinee - George of the Jungle [ALT]</p>	<p>10:00 ➡ Sit and Be Fit [AAR] <b>22</b></p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>10:45 🐾 Arm Chair Travels with Rick Steves [AAR]</p> <p>1:00 Movement and Balance with Select Rehab [FC]</p> <p>2:00 ➡ Dancing with Martha! [FC]</p> <p>3:00 🐾 Bingo! [AAR]</p> <p>6:15 🐾 Movie Night - An American in Paris [ALT]</p> <p>7:00 🐾 Poker Night [ILGR]</p> <p>7:15 💡 Everyone Has A Story [BST]</p>	<p>10:00 💡 Daily Chronicle [AAR] <b>23</b></p> <p>10:30 ➡ Sit and Be Fit! [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 - A Beautiful Mind [ALT]</p>	<p>10:00 💡 Daily Chronicle [AAR] <b>24</b></p> <p>10:45 ➡ Zumba with Jeanette! [AAR]</p> <p>1:30 ➡ Exercise with Arthur [FC]</p> <p>2:00 🚩 Food Committee Meeting [ALT]</p> <p>2:00 🚩 Karaoke [AAR]</p> <p>3:00 🐾 Happy Hour [BST]</p> <p>6:15 🐾 Movie Night - War Horse [ALT]</p>	<p>10:00 ➡ Move and Groove [AAR] <b>25</b></p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>10:30 ❤️ Drumming with Chris! [Mez]</p> <p>10:45 💡 Trivia! [AAR]</p> <p>1:00 Rosary with Cozetta [ML]</p> <p>1:30 ➡ Exercise with Arthur [FC]</p> <p>2:00 💡 Tech Help with Regie [ILC]</p> <p>2:30 🐾 Monthly Birthday Bash! [2LVR]</p> <p>6:15 🐾 Movie Night - When Do We Eat [ALT]</p> <p>7:00 🐾 Poker Night [ILGR]</p>	<p>10:00 ➡ Exercise It! [AAR] <b>26</b></p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>10:45 💡 Table Games [AAR]</p> <p>11:00 🎵 Sing-Along with Annamarie [2LVR]</p> <p>1:30 ➡ Fitness with Arthur [AAR]</p> <p>2:00 💡 Book Club</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 - Saving Mr. Banks [ALT]</p>	<p>9:30 🦋 Carrington Community Church [BST] <b>27</b></p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>11:00 ➡ Moving For Mobility [AAR]</p> <p>1:00 💡 Word games or Puzzles [AAR]</p> <p>2:00 🐾 Afternoon Cinema - Chinatown [ALT]</p>	
<p>8:35 🦋 Edgebrook Lutheran Church [OUT] <b>28</b></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 🐾 Special Sunday Matinee - Scent of a Woman [ALT]</p> <p>3:00 🎹 Piano Parlor with Patrick: Mozart! [BST]</p>	<p>10:00 ➡ Sit and Be Fit [AAR] <b>29</b></p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>10:45 🐾 Arm Chair Travels with Rick Steves [AAR]</p> <p>1:00 Movement and Balance with Select Rehab [FC]</p> <p>3:00 🐾 Bingo! [AAR]</p> <p>6:15 🐾 Movie Night - Mrs. Harris Goes to Paris [ALT]</p> <p>7:00 🐾 Poker Night [ILGR]</p>	<p>10:00 💡 Daily Chronicle [AAR] <b>30</b></p> <p>10:30 ➡ Sit and Be Fit [AAR]</p> <p>1:30 ➡ Workout with Jonah [FC]</p> <p>2:00 🚩 AL Resident Meeting [2LVR]</p> <p>3:00 🐾 Arm Chair Travels to France [AAR]</p> <p>6:15 🐾 Movie Night - Backdraft [ALT]</p>	<p>10:00 💡 Daily Chronicle [AAR] <b>31</b></p> <p>10:45 ➡ Zumba with Jeanette! [AAR]</p> <p>1:30 ➡ Exercise with Arthur [FC]</p> <p>2:00 🚩 Karaoke [AAR]</p> <p>3:00 🐾 Happy Hour [BST]</p> <p>6:15 🐾 Movie Night - Unfaithful [ALT]</p>	<p><b>Resident Birthdays</b></p> <p>Annetta F. 1/7</p> <p>Felipe P. 1/19</p> <p>Sandra N. 1/24</p>			<p><b>Location Keys</b></p> <p>2nd FL Living Room 2LVF</p> <p>AL 2nd FL Activity Room AAF</p> <p>AL 4th FL Theater AL1</p> <p>Bistro BS1</p> <p>Fitness Center FC</p> <p>Independent Living Cafe ILC</p> <p>Independent Living Game Room-4th Floor ILGF</p> <p>Mezzanine Activity Room Me:</p> <p>Mezzanine Library ML</p> <p>Outing OUT</p> <p>Ping Pong Room -3rd Floor Independent Living ILPPF</p>

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

**Resident Birthdays**

Annetta F. 1/7

Felipe P. 1/19

Sandra N. 1/24

- Location Keys**
- 2nd FL Living Room 2LVF
- AL 2nd FL Activity Room AAF
- AL 4th FL Theater AL1
- Bistro BS1
- Fitness Center FC
- Independent Living Cafe ILC
- Independent Living Game Room-4th Floor ILGF
- Mezzanine Activity Room Me:
- Mezzanine Library ML
- Outing OUT
- Ping Pong Room -3rd Floor Independent Living ILPPF

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