January 2024 <b>Memory Care</b>			Alter S			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
THE CARRINGTON AT LINCOLNWOOD	10:00 ↔ Noodle Ball 10:30 ♀ Daily Chronicle 10:45 ♣ Funny New Years Resolutions and Jokes 1:30 ↔ Jumbo Soccer 2:15 ↔ SingFit! 3:00 ➡ Snack and Chat 3:30 ♀ Finish the Phrase 4:00 ♥ Hand Massages		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         3:00       ♥ Snack and Chat         4:00       ♥ Finish the Lyric	10:30 ♀ Daily Chronicle         10:45 ♀ Give Me Five!         1:30 ♥ Songs by Heart         2:30 譽 Mocktail Happy Hour         [MCN]         3:00 參 Sensory Sensations         4:00 Finish the Lyric	10:00 ↔ Sunshine Club       J         10:30 ↔ Daily Chronicle         10:45        Winter Word Games         1:30 ↔ SingFit!         2:15 ↔ Bowling         2:15 ♥ Sensory Sensations         3:00 ♥ Snack and Chat         3:30        Short Stories         4:00 ↔ Hand Massages	10:00       ↔ Moving for Mobility [MCS]       6         10:00       ॐ Sunshine Club         10:45       ŷ Daily Chronicle         1:30       ↔ Balloon Toss         2:00       ॐ Puzzles         2:30       ॐ Snack and Chat         3:00       ¥ Hymn Sing with Q         4:00       ¾ Mindful Meditations
10:00Commit To Be Fit710:45 Daily Chronicle1:30SingFit!2:15Baking with Kelly [MCS]2:30Bean Bag Toss3:00Snack and Chat4:00Finish the Lyric	10:00 ↔ Noodle Ball       8         10:30 ♥ Drumming with Chris       8         1:00 ↔ Jumbo Soccer       1:30 ⅔ Sing A Long         2:30 ♥ Everyone Has a Story Special Edition: Charles Devlin [BST]         3:00 ₱ Snack and Chat         3:30 ₱ Finish the Phrase         4:00 ♥ Hand Massages	10:00       ↔       Sit and Be Fit       9         10:00       ॐ       Sunshine Club       9         10:45       🏝 Daily Chronicle       9         1:30       ↔ Dance Party!       9         2:00       ♥ Famous Faces       9         3:00       ♥ Spa Time! [MCS]       3:00         3:00       ♥ Finish the Lyric	National House Plant Appreciation Day       10         10:00 ↔ Sunshine Club       10:00 ↔ Zumba with Janette!         10:30 ◊ Daily Chronicle       10:45 聯 Would You Rather         11:30 ጬ Lunch Outing       1:30 ↔ SingFit!         2:00 Plant Nursery       2:00 ጬ Sensory Sensations         3:00 ा Snack and Chat       4:00 ा Finish the Lyric	10:00 ↔ Exercise it! 10:00 ⅔ Sunshine Club1110:00 ⅔ Sunshine Club10:30 ♀ Daily Chronicle10:45 ♀ Give Me Five! 1:30 ♥ Songs by Heart 2:30 ⅔ Sensory Sensations 3:00 ♥ Snack and Chat Finish the Lyric	National Hot Tea       10:00 ↔ Rock Steady [MCS]       12         10:00 ※ Sunshine Club       10:30 ♀ Daily Chronicle       10:45 ※ Name That Tune         10:45 ※ Name That Tune       1:30 ↔ SingFit!       2:30 P Bringing Up Baby         3:00 ↔ Tea Tasting       3:30 ※ Short Stories         4:00 ※ Hand Massages       12	10:00       ↔ Moving for Mobility [MCS]       13         10:00       ॐ Sunshine Club         10:45       ŷ Daily Chronicle         1:30       ↔ Dance it Out!         2:00       ॐ Puzzles         2:30       ॐ Snack and Chat         3:00       ❤ Hymn Sing with Q         4:00       ॐ Mindful Meditations
$10:00 \leftrightarrow Commit To Be Fit 10:45 \bigcirc Daily Chronicle 1:30 \leftrightarrow SingFit! 2:00 \cong Bagel Social 2:30 \cong Bean Bag Toss 3:00 \heartsuit Snack and Chat 4:00 \bowtie Finish the Lyric$	Martin Luther King, Jr. Day1510:00 ↔ Noodle Ball1510:30 Nature Workshop with Alyse1:00 ↔ Jumbo Soccer1:30 Sing A Long2:00 Remembering Dr. King2:30 We Shall Overcome3:00 Snack and Chat3:30 Finish the Phrase4:00 Hand Massages	National Fig Newton Day1610:00 ♥ Music Therapy with Nancy1610:00 ֎ Sunshine Club10:45 ₽ Daily Chronicle1:30 ➡ Dance Party!2:00 ₽ Fig Newton Social2:00 ♥ Spa Time! [MCS]3:00 P Snack and Chat4:00 P Finish the Lyric	10:00Image: Sunshine Club1710:00Image: Zumba with Janette!Janette!10:30Image: Daily Chronicle10:45Image: Would You Rather1:30Image: SingFit!2:00Image: Sensory Sensations3:00Image: Snack and Chat4:00Image: Finish the Lyric	10:00 ↔ Exercise it!       18         10:00 ∞ Sunshine Club       10:30 ♀ Daily         10:30 ♀ Daily       Chronicle         10:45 ♀ Give Me Five!       1:30 ♥ Songs by Heart         2:30 ∞ Sensory Sensations       3:00 ♥ Snack and Chat         4:00       Finish the Lyric	10:00       ↔ Rock Steady [MCS]       19         10:00       ॐ Sunshine Club         10:30       ŷ Daily Chronicle         10:45       ※ French Trivia         1:30       ↔ SingFit!         2:15       ※ Picture it! Story Telling         3:00       ♥ Snack and Chat         3:30       ※ Short Stories         4:00       ※ Hand Massages	National Cheese Lovers Day!       20         10:00 ↔ Moving for Mobility [MCS]       20         10:00 ॐ Sunshine Club       10:45 ॐ Daily Chronicle         10:30 ↔ Balloon Toss       2:00          2:00        Puzzles         2:30        Cheese Tasting         3:00        Hymn Sing with Q         4:00        Mindful Meditations
10:00↔ Commit To Be Fit2110:45◊ Daily Chronicle1:30↔ SingFit!2:15₱ Baking with Kelly2:30₽ Bean Bag Toss3:00♥ Snack and Chat4:00₱ Finish the Lyric	10:30       Daily       ∠∠         Chronicle       [2LVR]         1:00       Jumbo Soccer         1:30       Sing A Long         3:00       Snack and Chat         3:30       Finish the Phrase         4:00       Hand Massages	National Pie Day!2310:00 ↔ Sit and Be Fit2110:00 ↔ Sunshine Club10:45 ♀ Daily Chronicle10:45 ♀ Daily Chronicle1:30 ↔ Dance Party!2:00 ♥ Baking Club-Mini Pies2:00 ♥ Spa Time! [MCS]3:00 ♥ Pie Trivia Fun4:00 ♥ Finish the Lyric	National Peanut Butter Day       24         10:00        Sunshine Club       24         10:00        Zumba with Janette!       24         10:30        Daily Chronicle       24         10:45        Would You Rather       1:30          1:30        SingFit!       2:00          2:00        Peanut Butter Social       2:00          3:00        Noodle Ball       4:00	10:00 ↔ Exercise it!       25         10:00 ※ Sunshine Club       25         10:30 ◊ Daily Chronicle       25         10:45 ◊ Give Me Five!       1:30 ♥ Songs by Heart         2:30 ※ Sensory Sensations       3:00 ➡ Snack and Chat         4:00 Finish the Lyric       10:00 € Songs the Lyric	10:00↔ Rock Steady [MCS]2610:00ॐ Sunshine Club10:30ŷ Daily Chronicle10:45ॐ Name That Tune1:30↔ SingFit!3:00♥ Snack and Chat3:30ॐ Short Stories4:00ॐ Hand Massages	10:00↔ Moving for Mobility [MCS]2710:00ॐ Sunshine Club10:45ŷ Daily Chronicle1:30↔ Dance it Out!2:00ॐ Puzzles2:30ॐ Snack and Chat3:00※ Hymn Sing with Q4:00ॐ Mindful Meditations
	10:00       ↔ Noodle Ball       29         10:30       Daily Chronicle       21         12:00       ↔ Jumbo Soccer       1:30         1:30       😤 Sing A Long       2:00         2:00       ♥ Reminiscing-Growing Up With Siblings         3:00       ₱ Snack and Chat         3:30       Finish the Phrase         4:00       ♥ Hand Massages	National Croissant Day       30         10:00       Move & Groove with Q         10:00        Sunshine Club         10:45       Daily Chronicle         1:30       Dance Party!         2:00       Coffee and Croissant Social         3:00       Spa Time! [MCS]         3:30        Take Me To France         4:00       Finish the Lyric	National Hot Chocolate Day3110:00 	<ul> <li>Creative Arts</li> <li>Emotional</li> <li>Health and Wellness</li> <li>Intellectual</li> <li>Nature</li> <li>Purposeful</li> <li>Recreation and Leisure</li> <li>Restorative</li> <li>Spiritual</li> </ul>	Resident Birthdays           Ed L.         1/1           Sonia H.         1/18           Irma L.         1/18           Larry L.         1/22           Bertha H.         1/24           Burt K.         1/31	All activities are subject to change to accommodate the wants and needs of the community