Independent Living Activities Calendar April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 **Cubs Home Opener** 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10:30am Move & Groove with Stacy (FC) 11am New Time: Bible Study with Chris (I3A) 1pm Creative Projects in Art (I4A) 1pm Movement & Balance with Select Rehab (FC) 2pm Dancing with Martha (FC) 7pm Poker Night (I4G) 7pm IL Movie - Man From Snowy River (1982) (Prime) (I3T)	2 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 10am Shopping Outing: Costco (IOT) 11am Current Events with Sally (BST) 1pm Open Studio Painting (I2A) 1:30pm Workout with Jonah (FC) 1:30pm Mah-Jong (I3D) 2pm Cancelled: Tech Help with Regie (CAF) 2pm Walgreen's Senior Discount Day (RSVP) (IOT) 2:15pm NEW! Advanced Zumba with Janette (FC) 3pm Story Time with Trudy (I4V) 7pm IL Movie - Rain Man (Prime) (I3T)	3 9am Water Workouts with Arthur (FPL) 9:30am Shopping at Walmart and Mariano's (RSVP) (IOT) 10am Chair Volleyball (CAF) 10am Bowl-Making with Pat - Group 1 * (I4A) 10:30am Exercise with Arthur (FC) 10:30am Library Committee (I2L) 11:30am Water Workouts with Arthur (FPL) 1:30pm Express Fitness with Arthur (FC) 3pm Happy Hour with Steve Justman (BST) 7pm IL Movie - NYAD (Netflix) (I3T)	4 10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 10am Bowl-Making with Pat - Group 2 * (I4A) 1pm Knit and Crochet Group (I2A) 1:30pm Express Fitness with Arthur (FC) 2pm Chat Room (I3A) 2pm Tech Help with Regie (CAF) 2:45pm Hotsie-Totsie Voices Rehearsal (BST) 7pm Poker Night (I4G) 7pm IL Movie - Man Who Knew Too Much (1956) (Prime) (I3T)	5 9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 10:30am Tech Help with Lincolnwood Library (BST) 11:30am Water Workouts with Arthur (FPL) 1pm Creative Projects in Art (I4A) 1:30pm Workout with Jonah (FC) 1:30pm NEW! Take a Walk Down Memory Lane (I4V) 2pm Chair Yoga with Linda (FC) 3:30pm K4 Connect with Patricia (CAF) 4:30pm Shabbat Service (BST) 7pm IL Movie - Girl With The Pearl Earring (Phil) (I3T)	6 9:30am Carrington Community Church (BST) 11am Plant Doctors (I2A) 1:45pm Workout with Melanie (FC) 2:30pm Stretch, Tone, Strength with Melanie (FC) 7pm IL Movie - The Singing Revolution (Sue) (I3T)
7 7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 8:45am Edgebrook Lutheran Church (IOT) 9:30am Holy Name Cathedral (Virtual) (I4V) 10:30am Queen of All Saints Basilica (IOT) 2pm Bingo with Trudy (CAF) 2pm Outing: Young Steinway Concert (IOT) 3pm Special Music: Bethel Children's Choir (BST) 7pm IL Movie - Jolson Story (Phil) (I3T)	8 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10:30am Move & Groove with Stacy (FC) 1pm Movement & Balance with Select Rehab (FC) 1pm Community Crafting - Painting Rocks! (CAF) 1:30pm Movie Selection Committee (I3A) 2pm Dancing with Martha (FC) 3pm Classic Comedy Hour (BST) 7pm Poker Night (I4G) 7pm IL Movie - Clifford The Big Red Dog (2021) (Prime) (I3T) 7:15pm TedTalk Time - NEW TIME! (BST) 11:55pm Newsletter Caption Contest Deadline	9 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 10am Painting with Colleen (RSVP) (I4A) 11am Current Events with Sally (BST) 1pm Open Studio Painting (I2A) 1:30pm Workout with Jonah (FC) 1:30pm Mah-Jong (I3D) 1:30pm Opera Club (I3T) 2pm Tech Help with Regie (CAF) 2:15pm NEW! Advanced Zumba with Janette (FC) 3pm Story Time with Trudy (I4V) 7pm IL Movie - Pippin (Prime) (I3T)	10 9am Water Workouts with Arthur (FPL) 9:30am Shopping: Dollar Tree, Valle, Goodwill, PetSmart (IOT) 10am Chair Volleyball (CAF) 10am MedTalk with Kelly (BST) 10am Bowl-Making with Pat - Group 1 * (I4A) 10:30am Exercise with Arthur (FC) 11:30am Water Workouts with Arthur (FPL) 1:30pm Express Fitness with Arthur (FC) 2pm Get-Together with Brad (BST) 3pm Happy Hour with Russ and Sami (BST) 7pm IL Movie - American Symphony (Netflix) (I3T)	11 10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 10am Bowl-Making with Pat - Group 2 * (I4A) 1pm Knit and Crochet Group (I2A) 1:30pm Express Fitness with Arthur (FC) 1:30pm Art History with Debra (I3T) 2pm Tech Help with Regie (CAF) 2:45pm Hotsie-Totsie Voices Rehearsal (BST) 7pm Poker Night (I4G) 7pm IL Movie - Charade (1963) (Prime) (I3T)	12 9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 11:30am Water Workouts with Arthur (FPL) 1pm Creative Projects in Art (I4A) 1:30pm Workout with Jonah (FC) 1:30pm NEW! Take a Walk Down Memory Lane (I4V) 2pm Chair Yoga with Linda (FC) 3:30pm K4 Connect with Patricia (CAF) 4:30pm Shabbat Service (BST) 7pm IL Movie - The Bank of Dave (Netflix) (I3T)	13 9:30am Carrington Community Church (BST) 1:45pm Workout with Melanie (FC) 2:30pm Stretch, Tone, Strength with Melanie (FC) 7pm Outing: Park Ridge Chorale 40 Years! 7pm IL Movie - The Color Purple (Prime) (I3T)
14 7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 8:45am Edgebrook Lutheran Church (IOT) 9:30am Holy Name Cathedral (Virtual) (I4V) 10:30am Queen of All Saints Basilica (IOT) 2pm Bingo with Trudy (CAF) 2:15pm Outing: Chicago Gay Men's Chorus (IOT) 3pm Hymn Sing with Annamarie (BST) 7pm IL Movie - Jolson Sings Again (Phil) (I3T)	15 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10:30am Move & Groove with Stacy (FC) 1pm Creative Projects in Art (I4A) 1pm Movement & Balance with Select Rehab (FC) 2pm Dancing with Martha (FC) 2:45pm Birthday Committee (I2A) 3pm Dementia Support for Care Partners (I4G) 7pm Poker Night (I4G) 7pm IL Movie - Quigley Down Under (1990) (Prime) (I3T) 7:15pm Everyone Has A Story (BST)	16 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 10am Painting with Kay and Trudy (I4A) 1pm Open Studio Painting (I2A) 1:30pm Workout with Jonah (FC) 1:30pm Mah-Jong (I3D) 2pm Book Club (I3A) 2pm Tech Help with Regie (CAF) 2:15pm NEW! Advanced Zumba with Janette (FC) 3pm Moments from Hollywood Musicals (BST) 3pm Story Time with Trudy (I4V) 7pm IL Movie - Skyfall (Prime) (I3T)	17 9am Water Workouts with Arthur (FPL) 9:30am Shopping at Jewel, Target, Best Buy, Ross (RSVP) (IOT) 10am Chair Volleyball (CAF) 10am Bowl-Making with Pat - Group 1 * (I4A) 10:30am Exercise with Arthur (FC) 11:15am Nature Talks with Alyse (BST) 11:30am Water Workouts with Arthur (FPL) 1pm Building Ops Mtg. (I3A) 1pm Parkinson's Support Group (I4G) 1pm Outing: Skokie Theater - Curious Incident (IOT) 1:30pm Express Fitness with Arthur (FC) 2pm F& B Meeting with Dorge (BST) 3pm Happy Hour with Jane Allyson (BST) 7pm IL Movie - Rustin (Netflix) (I3T)	18 10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 10am Bowl-Making with Pat - Group 2 * (I4A) 11:01am CANCELLED: Activities Committee (I4A) 1pm Knit and Crochet Group (I2A) 1:30pm Express Fitness with Arthur (FC) 2pm Chat Room (I3A) 2pm Tech Help with Regie (CAF) 2:45pm Hotsie-Totsie Voices Rehearsal (BST) 7pm Poker Night (I4G) 7pm IL Movie - Silverado (Netflix) (I3T)	19 9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 10:30am New Location: Veterans Club (TAP) 11:30am Water Workouts with Arthur (FPL) 1pm Creative Projects in Art (I4A) 1:30pm Workout with Jonah (FC) 1:30pm NEW! Take a Walk Down Memory Lane (I4V) 2pm Chair Yoga with Linda (FC) 3:30pm K4 Connect with Patricia (CAF) 4:30pm Shabbat Service (BST) 7pm IL Movie - The King's Speech (Prime) (I3T)	20 9:30am Carrington Community Church (BST) 11am Plant Doctors (I2A) 1:45pm Workout with Melanie (FC) 2:30pm Stretch, Tone, Strength with Melanie (FC) 7pm IL Movie - The Holdovers (Prime) (I3T)

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April 2024

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21 7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 8:45am Edgebrook Lutheran Church (IOT) 9:30am Holy Name Cathedral (Virtual) (I4V) 10:30am Queen of All Saints Basilica (IOT) 2pm Bingo with Trudy (CAF) 2pm Volunteer Appreciation Event! (BST) 7pm IL Movie - A New Leaf (Charlie Meyer) (I3T)	22 **Passover Begins at Sundown** 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10:30am Move & Groove with Stacy (FC) 1pm Creative Projects in Art (I4A) 1pm Movement & Balance with Select Rehab (FC) 2pm Dancing with Martha (FC) 3pm Dementia Support for PLwD (IL) (I4G) 7pm Poker Night (I4G) 7pm IL Movie - Strictly Ballroom (1992) (Prime) (I3T)	23 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 1pm Open Studio Painting (I2A) 1:30pm Workout with Jonah (FC) 1:30pm Mah-Jong (I3D) 2pm Tech Help with Regie (CAF) 2:15pm NEW! Advanced Zumba with Janette (FC) 3pm Story Time with Trudy (I4V) 4pm Community Passover Meal and Seder (IDN) 7pm IL Movie - Long John Silver (Prime) (I3T)	24 9am Water Workouts with Arthur (FPL) 9:30am Shopping: Aldi, PetSmart, Home Depot (RSVP) (IOT) 10am Chair Volleyball (CAF) 10am MedTalk: Demystifying Hospice Care (BST) 10:30am Exercise with Arthur (FC) 10:30am Sharing Good Reads (TAP) 11:30am Water Workouts with Arthur (FPL) 12pm Outing: The Titanic Exhibition (RSVP) (IOT) 1:30pm Express Fitness with Arthur (FC) 3pm Happy Hour with Edizon (BST) 7pm IL Movie - Society of the Snow (Netflix) (I3T)	25 10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 12pm Shopping Time: Kindness Chains is Back! (CAF) 1pm Knit and Crochet Group (I2A) 1:30pm Express Fitness with Arthur (FC) 2pm Tech Help with Regie (CAF) 2:45pm Hotsie-Totsie Voices Rehearsal (BST) 7pm Poker Night (I4G) 7pm IL Movie - American Fiction (2023) (Prime) (I3T)	26 9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 10:30am Outing: Rivers Casino (RSVP) * (IOT) 11:30am Water Workouts with Arthur (FPL) 1pm Creative Projects in Art (I4A) 1:30pm Workout with Jonah (FC) 1:30pm NEW! Take a Walk Down Memory Lane (I4V) 2pm Chair Yoga with Linda (FC) 3pm Birthday Celebration for this Month! (I3D) 3:30pm K4 Connect with Patricia (CAF) 4:30pm Shabbat Service (BST) 7pm New! Relaxation & Meditation Class (I4G) 7pm IL Movie - Hondo (Prime) (I3T)	27 9:30am Carrington Community Church (BST) 1:45pm Workout with Melanie (FC) 2:30pm Stretch, Tone, Strength with Melanie (FC) 3pm Special Music with Annamarie and Friends (BST) 7pm IL Movie - The Wiz (Prime) (I3T)
28 7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 8:45am Edgebrook Lutheran Church (IOT) 9:30am Holy Name Cathedral (Virtual) (I4V) 10:30am Queen of All Saints Basilica (IOT) 2pm Bingo with Trudy (CAF) 7pm IL Movie - Broadway Danny Rose (Charley Meyer) (I3T)	29 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 1pm Creative Projects in Art (I4A) 1pm Movement & Balance with Select Rehab (FC) 2pm Dancing with Martha (FC) 7pm Poker Night (I4G) 7pm IL Movie - Australia (Prime) (I3T)	30 10am Resident Meeting (IDN) 1pm Open Studio Painting (I2A) 1:30pm Workout with Jonah (FC) 1:30pm Mah-Jong (I3D) 2pm Shakespeare Sessions with Michael (I4G) 2pm Tech Help with Regie (CAF) 2:15pm NEW! Advanced Zumba with Janette (FC) 3pm Story Time with Trudy (I4V) 7pm IL Movie - The Burial (2023) (Prime) (I3T)				

Location Key

ADN	AL Fl-1 Dining	I3D	IL Fl-3 Dining Room
BST	IL Fl-1 Bistro	I3T	IL Fl-3 Theater
CAF	IL Fl-1 Cafe	I4A	IL Fl-4 Art
FC	Fitness Center	I4G	IL Fl-4 Games
FPL	FC - Pool	I4L	IL Fl-4 Library
I2A	IL Fl-2 Arts/Sewing	I4V	IL Fl-4 Living Room
I3A	IL Fl-3 Activity / Ping Pong	IDN	IL Fl-1 Dining
		IOT	IL Outing - IL Lobby

Passport to the World!

This month we will have a taste of Australia! Look out for fun Australian themed food, activities, and movies!