Independent Living Activities Calendar

May 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9am Water Workouts with Arthur (FPL) 9:30am Shopping at Walmart and Mariano's (RSVP) (IOT) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 11:30am Water Workouts with Arthur (FPL) 1:30pm Express Fitness with Arthur (FC) 3pm Happy Hour with Johnnie Miller (BST) 7pm IL Movie - Calendar Girls (Prime) (I3T)	**2** 10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 1pm Knit and Crochet Group (I2A) 1:30pm Express Fitness with Arthur (FC) 2pm Chat Room (I3A) 2pm Tech Help with Regie (CAF) 2pm Activities Fair 2024 (CAF) 2:45pm Cancelled: Hotsie-Totsie Voices Rehearsal (BST) 7pm IL Movie - The Young Philadelphians (Prime) (I3T) 7pm Poker Night (I4G)	**3** 9:30am Cozetta's Rosary Group and Communion (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 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 - Jesse Stone Night Passage (Prime) (I3T)	**4** 9:30am Carrington Community Church (BST) 11am Plant Doctors (I2A) 1:30pm Watch the Kentucky Derby! (TAP) 1:45pm Workout with Melanie (FC) 2:15pm Outing: Sounds Good Choir (RSVP) 2:30pm Stretch, Tone, Strength with Melanie (FC) 2:30pm Matinee - Marlowe (Prime) (I3T) 7pm IL Movie - Marlowe (Prime) (I3T)
5 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: Young Steinway - Piano & Cello (RSVP) 7pm IL Movie - LaBatalla (Prime) (I3T)	**6** 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) 2:30pm Cinco de Mayo Party! (TAP) 3pm Dementia Support for Care Partners (I4G) 7pm Poker Night (I4G) 7pm IL Movie - Like Water for Chocolate (Prime) (I3T) 7:15pm Everyone Has A Story (BST)	**7** 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 10am Shopping Outing: Costco (IOT) 1pm Open Studio Painting (I2A) 1:30pm Workout with Jonah (FC) 1:30pm Mah-Jong (I3D) 2pm Outing: Walgreen's Senior Discount Day (RSVP) (IOT) 2pm Shakespeare Sessions with Michael (BST) 2pm Tech Help with Regie (CAF) 2:15pm Advanced Zumba with Janette (FC) 3pm Story Time with Trudy (I4V) 7pm IL Movie - Past Lives (Prime) (I3T)	**8** 9am Water Workouts with Arthur (FPL) 9:30am Shopping: Dollar Tree, Valle, Goodwill, PetSmart (IOT) 10am Chair Volleyball (CAF) 10am MedTalk: Caring By Preparing (BST) 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 Allan Kaye (BST) 7pm IL Movie - Gray Gardens (Pime) (I3T)	**9** 10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 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 Special Worship: Maria Vadia (Charismatic) (BST) 7pm Poker Night (I4G) 7pm IL Movie - Desperado (Prime) (I3T)	**10** 9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 11am New: A Study in Religious Intersections (BST) 11:30am Water Workouts with Arthur (FPL) 1pm Creative Projects in Art (I4A) 1:30pm Workout with Jonah (FC) 1:30pm 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 - Mamma Mia (Prime) (I3T)	**11** 9:30am Carrington Community Church (BST) 11am Outing: Met Live in HD - Madama Butterfly (RSVP) (IOT) 1:45pm Workout with Melanie (FC) 2:30pm Stretch, Tone, Strength with Melanie (FC) 2:30pm Matinee - American Fiction (Prime) (I3T) 7pm IL Movie - American Fiction (Prime) (I3T)
12 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) 11:30am Mother's Day Brunch (IDN) 2pm Bingo with Trudy (CAF) 7pm IL Movie - I Remember Mamma (Prime) (I3T)	**13** 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10:30am Move & Groove with Stacy (FC) 11am Bible Study with Chris (I3A) 1pm Creative Projects in Art (I4A) 1pm Movement & Balance with Select Rehab (FC) 1:30pm Movie Selection Committee (I3A) 2pm Dancing with Martha (FC) 3pm Classic Comedy Hour (BST) 7pm Poker Night (I4G) 7pm IL Movie - Frida (2002) (Prime) (I3T) 7:15pm TedTalk Time! (BST) 11:55pm Newsletter Caption Contest Deadline	**14** 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 10am Painting with Colleen (RSVP) (I4A) 11am Current Events (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 Advanced Zumba with Janette (FC) 3pm Story Time with Trudy (I4V) 6pm Special Concert: Ada String Duo (BST) 7pm IL Movie - Atonement (Prime) (I3T)	**15** 9am Water Workouts with Arthur (FPL) 9:30am Shopping at Jewel, Target, Best Buy, Ross (RSVP) (IOT) 10am Chair Volleyball (CAF) 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) 1:30pm Express Fitness with Arthur (FC) 2pm F& B Meeting with Dorge (BST) 3pm Happy Hour with Bob Duda (BST) 7pm IL Movie - How to Live Forever (Prime) (I3T)	**16** 10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 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 IL Movie - The Candidate (Prime) (I3T) 7pm Poker Night (I4G)	**17** 9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 10:30am Veterans Club (TAP) 11:30am Water Workouts with Arthur (FPL) 1pm Creative Projects in Art (I4A) 1:30pm Workout with Jonah (FC) 1:30pm 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 - Nebraska (Prime) (I3T)	**18** 9:30am Carrington Community Church (BST) 11am Plant Doctors (I2A) 1:45pm Workout with Melanie (FC) 2pm Concert: Hotsie-Totsie Voices (ADN) 2:30pm Stretch, Tone, Strength with Melanie (FC) 2:30pm Matinee - 7 Brides for 7 Brothers (Prime) (I3T) 6pm Concert: Hotsie-Totsie Voices (ADN) 7pm IL Movie - 7 Brides for 7 Brothers (Prime) (I3T)

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May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 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: Young Steinway - Piano & Cello (RSVP) (IOT) 3pm Hymn Sing with Annamarie (BST) 7pm IL Movie - A Cry in the Dark (Prime) (I3T)	20 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 - Three Amigos (Prime) (I3T) 7:15pm Everyone Has A Story (BST)	21 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 10am Painting with Kay and Trudy (I4A) 11am Current Events (BST) 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 Advanced Zumba with Janette (FC) 3pm Moments from Hollywood Musicals (BST) 3pm Story Time with Trudy (I4V) 7pm IL Movie - Premonition (Prime) (I3T) 7:15pm Travelogue: A Recent Trip to Israel (BST)	22 9am Water Workouts with Arthur (FPL) 9:30am Shopping: Aldi, PetSmart, Home Depot (RSVP) (IOT) 10am Chair Volleyball (CAF) 10am MedTalk with Pat: My Aching Belly (BST) 10:30am Exercise with Arthur (FC) 11:30am Water Workouts with Arthur (FPL) 1:30pm Express Fitness with Arthur (FC) 3pm Happy Hour with Wayne Messmer (BST) 7pm IL Movie - Away From Her (Prime) (I3T)	23 10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 11am Activities Committee (I4G) 1pm Knit and Crochet Group (I2A) 1:30pm Express Fitness with Arthur (FC) 2pm Tech Help with Regie (CAF) 7pm Poker Night (I4G) 7pm IL Movie - The Company You Keep (Prime) (I3T)	24 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 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 - Taken (Prime) (I3T)	25 9:30am Carrington Community Church (BST) 1:45pm Workout with Melanie (FC) 2:30pm Stretch, Tone, Strength with Melanie (FC) 2:30pm Matinee - South Pacific (Prime) (I3T) 7pm IL Movie - South Pacific (Prime) (I3T)
26 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) 3pm Parlor Piano with Patrick (BST) 7pm IL Movie - Poor Things (Prime) (I3T)	27 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 11:30am Memorial Day Cookout (IDN) 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) 3pm Memorial Day Service (IWC) 7pm Poker Night (I4G) 7pm IL Movie - 30 Seconds Over Tokyo (Prime) (I3T)	28 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 (BST) 2pm Tech Help with Regie (CAF) 2:15pm Advanced Zumba with Janette (FC) 3pm Story Time with Trudy (I4V) 7pm IL Movie - In The Cut (Prime) (I3T)	29 9am Water Workouts with Arthur (FPL) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 10:30am Sharing Good Reads (TAP) 11:30am Water Workouts with Arthur (FPL) 1:30pm Express Fitness with Arthur (FC) 3pm Happy Hour (BST) 7pm IL Movie - Memory (2022) (Prime) (I3T)	30 10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 11am Special Session: Current Events with Sally (BST) 1pm Knit and Crochet Group (I2A) 1:30pm Express Fitness with Arthur (FC) 2pm Tech Help with Regie (CAF) 7pm Poker Night (I4G) 7pm IL Movie-3 Billboards Outside Ebbing Mo. (Prime) (I3T)	31 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 Take a Walk Down Memory Lane (I4V) 2pm Chair Yoga with Linda (FC) 3pm Celebrate May Birthdays! (I3D) 3:30pm K4 Connect with Patricia (CAF) 4:30pm Shabbat Service (BST) 7pm IL Movie-Mr Smith Goes to Washington (Prime) (I3T)	

Passport to the World!

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