










Sunday Monday Tuesday Wednesday Thursday Friday Saturday





































Location Keys



















Bistro	BST	 Creative Arts	 Nature
MC North Living Room	MCNLR	 Emotional	 Purposeful
MC South Art Room	MCSAR	 Health and Wellness	 Recreation and Leisure
Memory Care North	MCN	 Intellectual	 Restorative
Memory Care South	MCS		
Outing	OUT		
We Come to You	WCY		

Resident Birthdays

Patricia D. 11/13
Judy D. 11/18



<p>Daylight Saving Time Begins 3</p> <p>10:00  Sit & Be Fit [MCS]</p> <p>10:00  Sunshine Club [MCN]</p> <p>10:30  Daily Chronicle</p> <p>11:00  Name 10 Game [MCS]</p> <p>11:15  Attitudes of Gratitude [MCS]</p> <p>2:00  Sensory Sensations [MCN]</p> <p>2:00  You Can't Teach an Old Dog New Tricks-Let's Talk About Clichés [MCS]</p> <p>3:00  Colorful Creations [MCS]</p> <p>4:00  Daily Rewind</p>	<p>4</p> <p>10:00  Sit and Be Fit [MCS]</p> <p>10:30  Daily Chronicle</p> <p>11:15  Attitudes of Gratitude [MCS]</p> <p>1:30  Walking Club</p> <p>2:00  Creative Cooking-Candy</p> <p>2:45  Snack and Chat</p> <p>3:00  Sing Fit</p> <p>4:00  Daily Rewind</p>	<p>Election Day 5</p> <p>10:00  Music Therapy with Nancy [MCS]</p> <p>11:00  Daily Chronicle [MCS]</p> <p>11:15  Attitudes of Gratitude [MCS]</p> <p>1:30  Zumba with Janette! [MCN]</p> <p>2:30  Snack and Chat</p> <p>2:45  Arm Chair Travels [MCS]</p> <p>4:00  Daily Rewind</p>	<p>6</p> <p>10:00  Chair Yoga [MCS]</p> <p>10:00  Sunshine Club [MCN]</p> <p>10:30  Daily Chronicle [MCN]</p> <p>11:00  Word Scramble [MCN]</p> <p>11:15  Attitudes of Gratitude [MCS]</p> <p>11:45  Lunch Outing to Culvers [OUT]</p> <p>1:30  Walking Club</p> <p>2:00  Art Corner with Fadila [MCS]</p> <p>2:00  Sensory Sensations [MCN]</p> <p>2:45  Snack and Chat</p> <p>4:00  Daily Rewind</p>	<p>7</p> <p>10:00  Sit and Be Fit [MCS]</p> <p>10:00  Sunshine Club [MCN]</p> <p>10:30  Daily Chronicle [MCS]</p> <p>11:00  Finish the Lyric [MCS]</p> <p>11:15  Attitudes of Gratitude [MCS]</p> <p>1:30  Songs by Heart [MCN]</p> <p>2:30  Snack and Chat</p> <p>3:00  Bingo [MCS]</p> <p>4:00  Daily Rewind</p>	<p>8</p> <p>10:00  Rock Steady Boxing [MCN]</p> <p>10:00  Traveling Sunshine Club [WCY]</p> <p>10:30  Daily Chronicle</p> <p>10:30  Veteran's Club</p> <p>11:00  Give Me Five</p> <p>11:15  Attitudes of Gratitude [MCS]</p> <p>2:00  Cards and Puzzles [MCSAR]</p> <p>2:00  Men's Club with David [MCNLR]</p> <p>4:00  Daily Rewind</p>	<p>9</p> <p>10:00  Moving for Mobility [MCN]</p> <p>10:45  Daily Chronicle [MCN]</p> <p>11:00  Finish The Phrase! [MCN]</p> <p>11:15  Attitudes of Gratitude [MCS]</p> <p>1:30  Dance it Out!</p> <p>2:00  Remembering American Bandstand [MCS]</p> <p>2:00  Sensory Sensations [MCN]</p> <p>2:45  Snack and Chat</p> <p>3:00  Guac and Roll [MCSAR]</p> <p>4:00  Daily Rewind</p>
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<p>10</p> <p>10:00  Baking Club-Pumpkin Bread [MCS]</p> <p>10:00  Sunshine Club [MCN]</p> <p>11:00  Name 10 Game [MCS]</p> <p>11:15  Attitudes of Gratitude [MCS]</p> <p>2:00  Sensory Sensations [MCN]</p> <p>2:00  Sing Fit! [MCS]</p> <p>2:45  Snack and Chat</p> <p>3:00  Noodle Ball [MCS]</p> <p>4:00  Daily Rewind</p>	<p>Veterans Day 11</p> <p>10:00  Sit and Be Fit [MCS]</p> <p>10:30  Drumming with Chris [MCN]</p> <p>11:00  Veteran's Day Service [BST]</p> <p>11:15  Attitudes of Gratitude [MCS]</p> <p>1:30  Walking Club</p> <p>2:00  A Veteran's Day Discussion [MCS]</p> <p>2:45  Snack and Chat</p> <p>3:00  Patriotic Sing-a-long</p> <p>4:00  Daily Rewind</p>	<p>12</p> <p>10:00  Move & Groove [MCS]</p> <p>10:30  Daily Chronicle [MCN]</p> <p>11:15  Attitudes of Gratitude [MCS]</p> <p>1:30  Visits with Myra! [WCY]</p> <p>1:30  Zumba with Janette! [MCN]</p> <p>2:30  Snack and Chat</p> <p>2:45  Arm Chair Travels [MCS]</p> <p>4:00  Daily Rewind</p>	<p>Happy Birthday Patricia! 13</p> <p>10:00  Chair Yoga [MCS]</p> <p>10:00  Sunshine Club [MCN]</p> <p>10:30  Daily Chronicle [MCN]</p> <p>11:00  Word Scramble [MCN]</p> <p>11:15  Attitudes of Gratitude [MCS]</p> <p>1:30  Walking Club</p> <p>2:00  Art Corner with Fadila [MCS]</p> <p>2:00  Sensory Sensations [MCN]</p> <p>2:45 Patricia's Birthday Party! [MCN]</p> <p>4:00 Daily Rewind</p>	<p>14</p> <p>10:00  Celebrating Claude Monet [MCS]</p> <p>10:00  Sunshine Club [MCN]</p> <p>10:30  Daily Chronicle [MCS]</p> <p>11:00  Finish the Lyric [MCS]</p> <p>11:15  Attitudes of Gratitude [MCS]</p> <p>1:30  Songs by Heart [MCN]</p> <p>2:30  Snack and Chat</p> <p>2:30  Snack and Chat [MCN]</p> <p>3:00 Bingo [MCS]</p> <p>4:00 Daily Rewind</p>	<p>15</p> <p>10:00  Rock Steady Boxing [MCN]</p> <p>10:00  Traveling Sunshine Club [WCY]</p> <p>10:30  Daily Chronicle</p> <p>11:00  Give Me Five</p> <p>11:15  Attitudes of Gratitude [MCS]</p> <p>2:00  Cards and Puzzles [MCSAR]</p> <p>2:00  Men's Club with David [MCNLR]</p> <p>4:00 Daily Rewind</p>	<p>Happy Birthday Judy! 16</p> <p>10:00  Moving for Mobility [MCN]</p> <p>10:45  Daily Chronicle [MCN]</p> <p>11:00  Finish The Phrase! [MCN]</p> <p>11:15  Attitudes of Gratitude [MCS]</p> <p>2:00  Judy's Birthday Party! [MCS]</p> <p>3:00  Flower Arranging [MCN]</p> <p>3:00  Noodleball [MCS]</p> <p>4:00 Daily Rewind</p>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 ☀️ Sunshine Club [MCN] 17</p> <p>10:30 🗨️ Daily Chronicle</p> <p>11:00 🧩 Name 10 Game [MCS]</p> <p>11:15 ❤️ Attitudes of Gratitude [MCS]</p> <p>12:00 🐻 Bears vs Packers Game</p> <p>2:00 🍦 Outing-Oberweis Ice Cream [OUT]</p> <p>2:00 🎵 Sing Fit! [MCN]</p> <p>3:00 🗨️ Taking Flight-Aviation Memories [MCNLR]</p> <p>4:00 🗨️ Daily Rewind</p>	<p>10:00 🎯 Sit and Be Fit [MCS] 18</p> <p>10:30 🗨️ Daily Chronicle</p> <p>11:15 ❤️ Attitudes of Gratitude [MCS]</p> <p>1:30 🚶 Walking Club</p> <p>2:45 🍷 Snack and Chat</p> <p>3:00 🌿 Big Blue Planet [MCS]</p> <p>4:00 🗨️ Daily Rewind</p>	<p>10:00 ❤️ Music Therapy with Nancy [MCS] 19</p> <p>10:30 🗨️ Daily Chronicle [MCN]</p> <p>11:15 ❤️ Attitudes of Gratitude [MCS]</p> <p>1:30 🎯 Zumba with Janette! [MCN]</p> <p>2:30 🍷 Snack and Chat</p> <p>2:45 🗨️ Arm Chair Travels [MCS]</p> <p>4:00 🗨️ Daily Rewind</p>	<p>10:00 🎯 Chair Yoga [MCS] 20</p> <p>10:00 ☀️ Sunshine Club [MCN]</p> <p>10:30 🗨️ Daily Chronicle [MCN]</p> <p>11:00 🗨️ Word Scramble [MCN]</p> <p>11:15 ❤️ Attitudes of Gratitude [MCS]</p> <p>1:30 🚶 Walking Club</p> <p>1:45 🎯 Rock Steady Boxing [MCN]</p> <p>2:00 🎨 Art Corner with Fadila [MCS]</p> <p>2:00 ❤️ Sensory Sensations [MCN]</p> <p>4:00 🗨️ Daily Rewind</p>	<p>10:00 🎯 Sit and Be Fit [MCS] 21</p> <p>10:00 🗨️ Sunshine Club [MCN]</p> <p>10:30 🗨️ Daily Chronicle [MCS]</p> <p>11:00 🗨️ Finish the Lyric [MCS]</p> <p>11:15 ❤️ Attitudes of Gratitude [MCS]</p> <p>1:30 ❤️ Songs by Heart [MCN]</p> <p>2:30 🍷 Snack and Chat</p> <p>3:00 🧩 Bingo [MCS]</p> <p>4:00 🗨️ Daily Rewind</p>	<p>10:00 ☀️ Traveling Sunshine Club [WCY] 22</p> <p>10:30 🗨️ Daily Chronicle</p> <p>11:00 🧩 Give Me Five</p> <p>11:15 ❤️ Attitudes of Gratitude [MCS]</p> <p>2:00 🧩 Cards and Puzzles [MCSAR]</p> <p>2:00 🗨️ Men's Club with David [MCNLR]</p> <p>4:00 🗨️ Daily Rewind</p>	<p>10:00 🎯 Moving for Mobility [MCN] 23</p> <p>10:45 🗨️ Daily Chronicle [MCN]</p> <p>11:00 🗨️ Finish The Phrase! [MCN]</p> <p>11:15 ❤️ Attitudes of Gratitude [MCS]</p> <p>1:30 🚶 Dance it Out!</p> <p>2:00 🎵 Sing Fit! [MCS]</p> <p>2:45 🍷 Snack and Chat</p> <p>4:00 🗨️ Daily Rewind</p>
<p>10:00 ☀️ Sunshine Club [MCN] 24</p> <p>10:30 🗨️ Daily Chronicle</p> <p>11:00 🧩 Name 10 Game [MCS]</p> <p>11:15 ❤️ Attitudes of Gratitude [MCS]</p> <p>2:00 🧩 Sensory Sensations [MCN]</p> <p>2:00 🎵 Sing Fit! [MCS]</p> <p>3:00 🎨 Colorful Creations [MCSAR]</p> <p>4:00 🗨️ Daily Rewind</p>	<p>10:00 🎯 Sit and Be Fit [MCS] 25</p> <p>10:30 🗨️ Daily Chronicle</p> <p>11:15 ❤️ Attitudes of Gratitude [MCS]</p> <p>1:30 🚶 Walking Club</p> <p>2:00 🗨️ Star of the Month-Burgess Meredith [MCS]</p> <p>2:45 🍷 Snack and Chat</p> <p>3:00 🌿 Big Blue Planet [MCS]</p> <p>4:00 🗨️ Daily Rewind</p>	<p>10:00 🎯 Move & Groove [MCS] 26</p> <p>10:30 🗨️ Daily Chronicle [MCN]</p> <p>11:15 ❤️ Attitudes of Gratitude [MCS]</p> <p>1:30 🎯 Zumba with Janette! [MCN]</p> <p>2:30 🍷 Snack and Chat</p> <p>2:45 🗨️ Arm Chair Travels [MCS]</p> <p>4:00 🗨️ Daily Rewind</p>	<p>10:00 🎯 Chair Yoga [MCS] 27</p> <p>10:00 ☀️ Sunshine Club [MCN]</p> <p>10:30 🗨️ Daily Chronicle [MCN]</p> <p>11:00 ❤️ Thanksgiving Dice Game [MCS]</p> <p>11:15 ❤️ Attitudes of Gratitude [MCS]</p> <p>1:30 🚶 Walking Club</p> <p>2:00 🎨 Art Corner with Fadila [MCS]</p> <p>2:00 ❤️ Sensory Sensations [MCN]</p> <p>4:00 🗨️ Daily Rewind</p>	<p>Thanksgiving 28</p> <p>10:00 🧩 Turkey Bingo [MCSAR]</p> <p>11:15 ❤️ Attitudes of Gratitude [MCS]</p> <p>2:00 🎬 Movie Matinee</p> <p>4:00 🗨️ Daily Rewind</p>	<p>10:00 ☀️ Traveling Sunshine Club [WCY] 29</p> <p>10:30 🗨️ Daily Chronicle</p> <p>11:00 🧩 Give Me Five</p> <p>11:15 ❤️ Attitudes of Gratitude [MCS]</p> <p>2:00 🧩 Cards and Puzzles [MCSAR]</p> <p>2:00 🗨️ Men's Club with David [MCNLR]</p> <p>4:00 🗨️ Daily Rewind</p>	<p>10:00 🎯 Moving for Mobility [MCN] 30</p> <p>10:45 🗨️ Daily Chronicle [MCN]</p> <p>11:00 🗨️ Finish The Phrase! [MCN]</p> <p>11:15 ❤️ Attitudes of Gratitude [MCS]</p> <p>2:45 🍷 Snack and Chat</p> <p>3:00 🚶 Noodleball [MCS]</p> <p>4:00 🗨️ Daily Rewind</p>

Resident Birthdays

Louise M.	11/1
Elizabeth B.	11/2
Carl J.	11/8
Shannon L.	11/12
Patricia D.	11/13
Stanley M.	11/16
Lorna S.	11/17
Judy D.	11/18
Sylvia K.	11/19
Sybil L.	11/26


THE CARRINGTON
 AT LINCOLNWOOD
 3501 Northeast Parkway
 Lincolnwood, IL 60712
 (847) 973-6262

🎨 Creative Arts
 ❤️ Emotional
 🚶 Health and Wellness
 🗨️ Intellectual

🌿 Nature
 🗨️ Purposeful
 🧩 Recreation and Leisure
 🌸 Restorative

Location Keys

Bistro BST Memory Care South MCS
 MC North Living Room MCNLR Outing OUT
 MC South Art Room MCSAR We Come to You WCY
 Memory Care North MCN