

February 2025 Mezzanine Activity Calendar



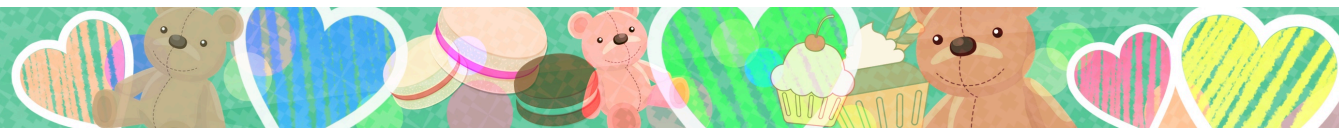
Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	<p>Location Keys</p> <table border="0"> <tr> <td>AL 2nd FL Activity Room</td> <td>AAR</td> <td>MC North Living Room</td> <td>MCNLR</td> </tr> <tr> <td>AL 2nd FL Living Room</td> <td>2LVR</td> <td>Mezzanine Activity Room</td> <td>Mez</td> </tr> <tr> <td>AL 4th FL Theater</td> <td>ALT</td> <td>Mezzanine Library</td> <td>ML</td> </tr> <tr> <td>Bistro</td> <td>BST</td> <td>Mezzanine Living Room</td> <td>MLR</td> </tr> <tr> <td>Fitness Center</td> <td>FC</td> <td>We Come to You</td> <td>WCY</td> </tr> </table>		AL 2nd FL Activity Room	AAR	MC North Living Room	MCNLR	AL 2nd FL Living Room	2LVR	Mezzanine Activity Room	Mez	AL 4th FL Theater	ALT	Mezzanine Library	ML	Bistro	BST	Mezzanine Living Room	MLR	Fitness Center	FC	We Come to You	WCY	<p>Creative Arts Intellectual Nature</p>	<p>Emotional Emotional Health and Wellness Health and Wellness</p>	<p>Purposeful Purposeful Recreation and Leisure Recreation and Leisure Restorative Spiritual</p>	<p>Resident Birthdays Barbara M. 2/9 Mary Ann K. 2/16</p>	<p>9:30 Carrington Community Church [BST] 1</p> <p>10:30 Daily Chronicle [AAR]</p> <p>11:00 Moving For Mobility [AAR]</p> <p>2:00 Puzzles and Games [MLR]</p> <p>3:00 Black History Month: Stamped From The Beginning [BST]</p> <p>3:00 Social Hour [MLR]</p> <p>5:30 Relax and Unwind [Mez]</p>
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<p>Groundhog Day 2</p> <p>10:00 Sit and Be Fit! [Mez]</p> <p>10:30 News and Views [Mez]</p> <p>10:45 Singfit! [Mez]</p> <p>2:00 Crafter's Corner-Valentine Mosaics [Mez]</p> <p>4:00 Daily Rewind [MLR]</p>	<p>10:00 Sit and Be Fit [MLR] 3</p> <p>10:30 News and Views</p> <p>11:00 Music Therapy with Nancy [MLR]</p> <p>2:00 Dancing with Martha! [FC]</p> <p>2:30 Puzzles and Games [MLR]</p> <p>4:00 Daily Rewind [Mez]</p> <p>5:30 Relax and Unwind [Mez]</p>	<p>10:30 Be Fit & Factual [Mez] 4</p> <p>11:00 Jewish Services with Rabbi Levi Liberow [MCNLR]</p> <p>1:30 Exercise with Arthur [FC]</p> <p>2:30 Picture Bingo [Mez]</p> <p>4:00 Leisurely Walk</p> <p>5:30 Relax and Unwind [Mez]</p>	<p>10:00 News and Views [Mez] 5</p> <p>10:30 Zumba and Laughter Yoga [Mez]</p> <p>1:45 Rock Steady Boxing [MLR]</p> <p>3:00 Happy Hour with Randy Walker [BST]</p> <p>5:30 Relax and Unwind [Mez]</p>	<p>10:30 Nature Project with Alyse [Mez] 6</p> <p>1:00 Rosary and Communion with Cozetta [ML]</p> <p>1:30 Express Fitness with Arthur [FC]</p> <p>2:30 Documentary Hour: A Day in the Life of a Hummingbird [Mez]</p> <p>4:00 Daily Rewind [MLR]</p> <p>5:30 Relax and Unwind [Mez]</p>	<p>10:00 Sit and Be Fit [Mez] 7</p> <p>10:30 News and Views</p> <p>11:00 Bubble Trouble Quiz</p> <p>11:00 Sing-Along with Annamarie [2LVR]</p> <p>1:30 Afternoon Stretches [Mez]</p> <p>2:30 Movie Matinee</p> <p>4:00 Daily Rewind [Mez]</p> <p>4:30 Shabbat [BST]</p> <p>5:30 Relax and Unwind [Mez]</p>	<p>9:30 Carrington Community Church [BST] 8</p> <p>10:30 Daily Chronicle [AAR]</p> <p>11:00 Moving For Mobility [AAR]</p> <p>2:30 Bowling [MLR]</p> <p>3:00 Black History Month: Lucy Smith Sings the Blues [BST]</p> <p>3:00 Social Hour [MLR]</p> <p>5:30 Relax and Unwind [Mez]</p>
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<p>10:00 Sit and Be Fit! [Mez] 9</p> <p>10:30 News and Views [Mez]</p> <p>10:45 Singfit! [Mez]</p> <p>1:30 Noodle Ball [Mez]</p> <p>2:30 Superbowl Social! [ML]</p> <p>4:00 Daily Rewind [MLR]</p> <p>5:30 Superbowl LIX [ML]</p>	<p>10:00 Sit and Be Fit! [Mez] 10</p> <p>10:30 News and Views</p> <p>11:00 Name that Tune [Mez]</p> <p>2:00 Dancing with Martha! [FC]</p> <p>3:00 Classic Comedy Hour [BST]</p> <p>4:00 Daily Rewind [Mez]</p> <p>5:30 Relax and Unwind [Mez]</p>	<p>10:00 Move & Groove 11</p> <p>11:00 Non Denominational Service with Pastor Henry [MCNLR]</p> <p>1:15 Opera Club</p> <p>1:30 Exercise with Arthur [FC]</p> <p>2:00 Visits with Myra! [WCY]</p> <p>2:30 Picture Bingo [Mez]</p> <p>4:00 Leisurely Walk</p> <p>5:30 Relax and Unwind [Mez]</p>	<p>10:00 News and Views [Mez] 12</p> <p>10:30 Zumba and Laughter Yoga [Mez]</p> <p>3:00 Happy Hour: Classical Piano Duo [BST]</p> <p>5:30 Relax and Unwind [Mez]</p>	<p>10:30 Volleyball! 13</p> <p>1:00 Rosary with Cozetta [ML]</p> <p>1:30 Express Fitness with Arthur [FC]</p> <p>2:30 Cheddar Chat Fondue Party! [MLR]</p> <p>4:00 Daily Rewind [MLR]</p> <p>5:30 Relax and Unwind [Mez]</p>	<p>Valentine's Day 14</p> <p>10:00 Creativity Corner [Mez]</p> <p>10:30 News and Views [Mez]</p> <p>10:30 Veteran's Club</p> <p>1:30 Afternoon Stretches [Mez]</p> <p>2:30 Valentine's Day Party [2LVR]</p> <p>4:00 Daily Rewind [Mez]</p> <p>4:30 Shabbat [BST]</p> <p>5:30 Relax and Unwind [Mez]</p>	<p>9:30 Carrington Community Church [BST] 15</p> <p>10:30 Daily Chronicle [AAR]</p> <p>11:00 Moving For Mobility [AAR]</p> <p>3:00 Black History Month: Mr. & Mrs. Loving [BST]</p> <p>3:00 Social Hour [MLR]</p> <p>5:30 Relax and Unwind [Mez]</p>
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February 2025 Mezzanine Activity Calendar



created with Sageely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 🏃 Sit and Be Fit! [Mez] 16</p> <p>10:00 🏃 Sit and Stretch [Mez]</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 💡 Singfit! [Mez]</p> <p>1:30 🍳 Baking Club [Mez]</p> <p>4:00 💡 Daily Rewind [MLR]</p>	<p>Presidents' Day 17</p> <p>10:00 🏃 Sit and Be Fit [MLR]</p> <p>10:30 💡 News and Views</p> <p>11:00 🎭 Music Therapy with Nancy [MLR]</p> <p>11:00 🎵 Name that Tune [Mez]</p> <p>2:00 🏃 Dancing with Martha! [FC]</p> <p>2:30 🧩 Puzzles and Games [MLR]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🚩 Helping Hands 18</p> <p>1:30 🏃 Exercise with Arthur [FC]</p> <p>2:30 🎮 Picture Bingo [Mez]</p> <p>4:00 🏃 Leisurely Walk</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 💡 News and Views [Mez] 19</p> <p>10:30 🏃 Zumba and Laughter Yoga [Mez]</p> <p>3:00 🎉 Happy Hour with Daryl Nitz [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🏃 Move & Groove 20</p> <p>10:30 💡 News and Views</p> <p>11:00 🎮 Thursday Tongue Twisters!</p> <p>1:00 🙏 Rosary with Cozetta [ML]</p> <p>1:30 🏃 Express Fitness with Arthur [FC]</p> <p>2:30 🍳 Pie Baking (Cherry) and Cherries On The plate game! [Mez]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:30 🎮 Creativity Corner [Mez] 21</p> <p>1:30 🏃 Afternoon Stretches [Mez]</p> <p>2:15 🎉 Monthly Birthday Bash! [2LVR]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>4:30 🙏 Shabbat [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>9:30 🙏 Carrington Community Church [BST] 22</p> <p>10:30 💡 Daily Chronicle [AAR]</p> <p>11:00 🏃 Moving For Mobility [AAR]</p> <p>2:00 🎉 Margarita Mocktails Social [MLR]</p> <p>3:00 💡 Black History: More Than A Month [BST]</p> <p>3:00 🎉 Margarita Jokes [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>
<p>10:00 🏃 Sit and Be Fit! [Mez] 23</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 💡 Singfit! [Mez]</p> <p>1:30 🎭 Crafter's Corner [Mez]</p> <p>3:00 🎉 Music with Phi Mu Alpha! [BST]</p> <p>4:00 💡 Daily Rewind [MLR]</p>	<p>10:00 🏃 Sit and Be Fit! [Mez] 24</p> <p>10:30 💡 News and Views</p> <p>11:00 🎵 Name that Tune [Mez]</p> <p>2:00 🏃 Dancing with Martha! [FC]</p> <p>2:30 🧩 Puzzles and Games [MLR]</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🏃 Move & Groove [Mez] 25</p> <p>10:30 💡 News and Views [Mez]</p> <p>10:45 SingFit!</p> <p>1:30 🏃 Exercise with Arthur [FC]</p> <p>2:30 ❤️ Moments from Hollywood Musicals [ALT]</p> <p>2:30 🎮 Picture Bingo [Mez]</p> <p>4:00 🏃 Leisurely Walk</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 💡 News and Views [Mez] 26</p> <p>10:30 🏃 Zumba and Laughter Yoga [Mez]</p> <p>1:45 🏃 Rock Steady Boxing [MLR]</p> <p>3:00 🎉 Happy Hour with Stephanie & Don [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:30 🎮 Volleyball [MLR] 27</p> <p>1:00 🙏 Rosary with Cozetta [ML]</p> <p>1:30 🏃 Express Fitness with Arthur [FC]</p> <p>4:00 💡 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🎮 Creativity Corner [Mez] 28</p> <p>10:30 💡 News and Views [Mez]</p> <p>1:30 🏃 Afternoon Stretches [Mez]</p> <p>2:30 🎬 Movie Matinee</p> <p>4:00 💡 Daily Rewind [Mez]</p> <p>4:30 🙏 Shabbat [BST]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	

Location Keys

AL 2nd FL Activity Room	AAR	MC North Living Room	MCNLR
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Bistro	BST	Mezzanine Living Room	MLR
Fitness Center	FC	We Come to You	WCY

- 🎭 Creative Arts
- ❤️ Emotional
- 🏃 Health and Wellness
- 💡 Intellectual
- 🌿 Nature

- 🚩 Purposeful
- 🎮 Recreation and Leisure
- 🌿 Restorative
- 🙏 Spiritual

All activities are subject to change. Please refer to the Daily Activity Schedule for the most up to date activities.

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