


Independent Living Activities Calendar

May 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>Location Key</div> <div><div><div>ADN</div><div>BST</div><div>CAF</div><div>FC</div><div>FPL</div><div>I2A</div><div>I3A</div></div><div><div>AL Fl-1 Dining</div><div>IL Fl-1 Bistro</div><div>IL Fl-1 Cafe</div><div>Fitness Center</div><div>FC - Pool</div><div>IL Fl-2 Arts/Sewing</div><div>IL Fl-3 Activity</div></div><div><div>I3D</div><div>I3T</div><div>I4A</div><div>I4G</div><div>I4L</div><div>I4V</div><div>IDN</div><div>IOT</div></div><div><div>IL Fl-3 Crown Dining</div><div>IL Fl-3 Theater</div><div>IL Fl-4 Art</div><div>IL Fl-4 Games</div><div>IL Fl-4 Library</div><div>IL Fl-4 Living Room</div><div>IL Fl-1 Dining</div><div>IL Outing - IL Lobby</div></div></div>						<div><div>Spring: a lovely reminder of how beautiful change can truly be</div></div>		<div>10am Blood Pressure Clinic (ILV)</div> <div>10am Aqua Fitness with Ben (FPL)</div> <div>10am Chair Volleyball (CAF)</div> <div>10am Workout with Melanie (FC)</div> <div>1:30pm Express Fitness with Arthur (FC)</div> <div>2pm Chat Room (I3A)</div> <div>2:30pm S.T.O.P (Sensibly Take Off Pounds) (I2A)</div> <div>2:45pm Hotsie-Totsie Voices Rehearsal (BST)</div> <div>7pm IL Movie - The First of May (DVD) (I3T)</div> <div>7pm Poker Night (I4G)</div>		<div>9:30am Cozetta's Rosary Group and Communion (I4V)</div> <div>10am Chair Volleyball (CAF)</div> <div>10:30am Exercise with Arthur (FC)</div> <div>10:30am Kentucky Derby Event (CAF)</div> <div>11:30am Water Workouts with Arthur (FPL)</div> <div>1:30pm Creative Projects in Art (I4A)</div> <div>1:30pm Take a Walk Down Memory Lane (I4V)</div> <div>2pm Chair Yoga with Linda (FC)</div> <div>4:30pm Shabbat Service (BST)</div> <div>7pm IL Movie - French Kiss (Prime) (I3T)</div>		<div>9:30am Celebration of Life Service (BST)</div> <div>10:30am Open Aqua Exercise Group (FPL)</div> <div>11am Plant Doctors (I2A)</div> <div>1:15pm Quiet Piano with Patrick (BST)</div> <div>1:30pm Gaming Lessons (Blackjack and more!) (I4G)</div> <div>1:45pm Cancelled: Workout with Melanie (FC)</div> <div>2pm Acting Class with Cynthia (RSVP) (I3A)</div> <div>2:30pm Cancelled: Stretch, Tone, Strength with Melanie (FC)</div> <div>7pm IL Movie - My Fair Lady (Prime) (I3T)</div>	
<div>7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC)</div> <div>8:30am Queen of All Saints Basilica (RSVP) (IOT)</div> <div>8:30am Edgebrook Lutheran Church (RSVP) (IOT)</div> <div>9:15am St. Marks Episcopal (RSVP) (IOT)</div> <div>9:30am Holy Name Cathedral (Virtual) (I4V)</div> <div>1:15pm Quiet Piano with Patrick (BST)</div> <div>2pm Bingo with Trudy (CAF)</div> <div>7pm IL Movie - Nobody's Fool (Prime) (I3T)</div>		<div>10am Chair Volleyball (CAF)</div> <div>10:30am Moving For Mobility (FC)</div> <div>11:15am Nature Talks with Alyse (BST)</div> <div>1pm Movement & Balance with Select Rehab (FC)</div> <div>1:30pm Scenes from Wizard of Oz (BST)</div> <div>2pm Dancing with Martha (FC)</div> <div>2pm Shakespeare Sonnets with Michael (I3T)</div> <div>3pm Dementia Support for Care Partners (I4G)</div> <div>3pm Knitting & Crochet Lessons (I2A)</div> <div>7pm IL Movie - The Last Showgirl (Prime) (I3T)</div> <div>7pm Poker Night (I4G)</div> <div>7:15pm Everyone Has A Story (BST)</div>		<div>9:30am Aqua Fitness with Ben (FPL)</div> <div>9:30am Shopping: Costco, Target, Aldi (RSVP) (IOT)</div> <div>10am Chair Volleyball (CAF)</div> <div>10am Workout with Melanie (FC)</div> <div>11am Current Events with Sally (BST)</div> <div>1pm Open Studio Painting (I2A)</div> <div>1:30pm Exercise with Arthur (FC)</div> <div>2pm NEW TIME: Drumming Class with Francesca (BST)</div> <div>2pm Outing: Walgreen's Senior Discount Day (RSVP) (IOT)</div> <div>3pm Story Time with Trudy (I4V)</div> <div>7pm IL Movie - The Birds (Netflix) (I3T)</div>		<div>9am Water Workouts with Arthur (FPL)</div> <div>9:15am Shopping at Walmart and Mariano's (RSVP) (IOT)</div> <div>10am Chair Volleyball (CAF)</div> <div>10:30am Exercise with Arthur (FC)</div> <div>11:30am Water Workouts with Arthur (FPL)</div> <div>11:30am Lunch Out: Longhorn Steakhouse (RSVP) (IOT)</div> <div>1pm Rock Steady Boxing (FC)</div> <div>3pm Happy Hour with John Adair (BST)</div> <div>7pm IL Movie - Conclave (Prime) (BST)</div>		<div>10am Blood Pressure Clinic (ILV)</div> <div>10am Aqua Fitness with Ben (FPL)</div> <div>10am Chair Volleyball (CAF)</div> <div>10am Workout with Melanie (FC)</div> <div>11am Art History with Debra (I3T)</div> <div>1:30pm Express Fitness with Arthur (FC)</div> <div>2:30pm S.T.O.P (Sensibly Take Off Pounds) (I2A)</div> <div>2:45pm Hotsie-Totsie Voices Rehearsal (BST)</div> <div>4:30pm Dinner Out: Coletti's (RSVP) (ILB)</div> <div>7pm IL Movie - Noises Off (Prime) (I3T)</div> <div>7pm Poker Night (I4G)</div>		<div>9:30am Cozetta's Rosary Group (I4V)</div> <div>10am Chair Volleyball (CAF)</div> <div>10:30am Exercise with Arthur (FC)</div> <div>10:30am Veterans Club (TAP)</div> <div>11:30am Water Workouts with Arthur (FPL)</div> <div>1:30pm Cancelled: Take a Walk Down Memory Lane (I4V)</div> <div>1:30pm Creative Projects in Art (I4A)</div> <div>2pm Chair Yoga with Linda (FC)</div> <div>4:30pm Shabbat Service (BST)</div> <div>7pm IL Movie - Mystery Alaska (Prime) (I3T)</div>		<div>9:30am Carrington Community Church (BST)</div> <div>10:30am Open Aqua Exercise Group (FPL)</div> <div>11am Shopping Outing: Green Post (RSVP) (IOT)</div> <div>1:15pm Quiet Piano with Patrick (BST)</div> <div>1:30pm Gaming Lessons (Blackjack and more!) (I4G)</div> <div>1:45pm Workout with Melanie (FC)</div> <div>2pm Acting Class with Cynthia (RSVP) (I3A)</div> <div>2:30pm Stretch, Tone, Strength with Melanie (FC)</div> <div>7pm IL Movie - Good News (Prime) (I3T)</div>	
<div>Mother's Day</div> <div>7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC)</div> <div>8:30am Queen of All Saints Basilica (RSVP) (IOT)</div> <div>8:30am Edgebrook Lutheran Church (RSVP) (IOT)</div> <div>9:15am St. Marks Episcopal (RSVP) (IOT)</div> <div>9:30am Holy Name Cathedral (Virtual) (I4V)</div> <div>1:15pm Quiet Piano with Patrick (BST)</div> <div>2pm Bingo with Trudy (CAF)</div> <div>7pm IL Movie - Guilt Trip (Prime) (I3T)</div>		<div>10am Chair Volleyball (CAF)</div> <div>10:30am Moving For Mobility (FC)</div> <div>1pm Movement & Balance with Select Rehab (FC)</div> <div>1:30pm Movie Selection Committee (I3A)</div> <div>2pm Dancing with Martha (FC)</div> <div>2pm Shakespeare Sonnets with Michael (I3T)</div> <div>3pm Dementia Support for Care Partners (I4G)</div> <div>3pm Knitting & Crochet Lessons (I2A)</div> <div>7pm IL Movie - Tombstone (Prime) (I3T)</div> <div>7pm Poker Night (I4G)</div> <div>7:15pm TedTalk Time! (BST)</div>		<div>9:30am Aqua Fitness with Ben (FPL)</div> <div>10am Chair Volleyball (CAF)</div> <div>10am Workout with Melanie (FC)</div> <div>11am Current Events with Sally (BST)</div> <div>1pm Open Studio Painting (I2A)</div> <div>1:15pm Opera Club (I3T)</div> <div>1:30pm Exercise with Arthur (FC)</div> <div>3pm Story Time with Trudy (I4V)</div> <div>7pm IL Movie - Holland (Prime) (I3T)</div>		<div>9am Water Workouts with Arthur (FPL)</div> <div>9:15am Shopping: Dollar Tree, Valli, Goodwill (IOT)</div> <div>10am Chair Volleyball (CAF)</div> <div>10:30am Exercise with Arthur (FC)</div> <div>11am Jewish Discussion Group (I3A)</div> <div>11:30am Water Workouts with Arthur (FPL)</div> <div>11:30am Outing: Chicago Botanic Gardens (RSVP) (IOT)</div> <div>1pm Rock Steady Boxing (FC)</div> <div>2pm F& B Meeting with Dorge (BST)</div> <div>3pm Happy Hour with Johnnie Miller (BST)</div> <div>7pm IL Movie - Shoes of a Fisherman (Prime) (BST)</div>		<div>10am Blood Pressure Clinic (ILV)</div> <div>10am Aqua Fitness with Ben (FPL)</div> <div>10am Chair Volleyball (CAF)</div> <div>10am Workout with Melanie (FC)</div> <div>10am Painting with Trudy and Terry (I4A)</div> <div>1:30pm Express Fitness with Arthur (FC)</div> <div>2pm Chat Room (I3A)</div> <div>2:30pm S.T.O.P (Sensibly Take Off Pounds) (I2A)</div> <div>2:45pm Hotsie-Totsie Voices Rehearsal (BST)</div> <div>4:30pm Dinner Out: Wholly Frijoles (RSVP) (ILB)</div> <div>7pm IL Movie - One Flew Over the Cuckoo's Nest (Prime) (I3T)</div> <div>7pm Poker Night (I4G)</div>		<div>9:30am Cozetta's Rosary Group (I4V)</div> <div>10am Chair Volleyball (CAF)</div> <div>10:30am Exercise with Arthur (FC)</div> <div>11am Ask A Lincolnwood Librarian (RSVP) (CAF)</div> <div>11:30am Water Workouts with Arthur (FPL)</div> <div>1:30pm Creative Projects in Art (I4A)</div> <div>1:30pm Take a Walk Down Memory Lane (I4V)</div> <div>2pm Chair Yoga with Linda (FC)</div> <div>3pm Birthday Celebration for May Birthdays! (I3D)</div> <div>4:30pm Shabbat Service (BST)</div> <div>7pm IL Movie - The Accountant (Prime) (I3T)</div>		<div>9:30am Carrington Community Church (BST)</div> <div>10:30am Open Aqua Exercise Group (FPL)</div> <div>11am Plant Doctors (I2A)</div> <div>1:15pm Quiet Piano with Patrick (BST)</div> <div>1:30pm Gaming Lessons (Blackjack and more!) (I4G)</div> <div>1:45pm Workout with Melanie (FC)</div> <div>2pm Acting Class with Cynthia (RSVP) (I3A)</div> <div>2:30pm Stretch, Tone, Strength with Melanie (FC)</div> <div>7pm IL Movie - Blue Skies (DVD) (I3T)</div>	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC)</div> <div>8:30am Queen of All Saints Basilica (RSVP) (IOT)</div> <div>8:30am Edgebrook Lutheran Church (RSVP) (IOT)</div> <div>9:15am St. Marks Episcopal (RSVP) (IOT)</div> <div>9:30am Holy Name Cathedral (Virtual) (I4V)</div> <div>1:15pm Quiet Piano with Patrick (BST)</div> <div>2pm Bingo with Trudy (CAF)</div> <div>3pm Community Dementia Support Group (BST)</div> <div>7pm IL Movie - Taking Chance (Prime) (I3T)</div> <div>18</div>	<div>10am Chair Volleyball (CAF)</div> <div>10:30am Moving For Mobility (FC)</div> <div>1pm Movement & Balance with Select Rehab (FC)</div> <div>2pm Dancing with Martha (FC)</div> <div>2pm Shakespeare Sonnets with Michael (I3T)</div> <div>3pm Dementia Support for Care Partners (I4G)</div> <div>3pm Knitting & Crochet Lessons (I2A)</div> <div>7pm IL Movie - Green Book (Prime) (I3T)</div> <div>7pm Poker Night (I4G)</div> <div>7:15pm Everyone Has A Story (BST)</div> <div>19</div>	<div>9:30am Aqua Fitness with Ben (FPL)</div> <div>10am Chair Volleyball (CAF)</div> <div>10am Workout with Melanie (FC)</div> <div>11am Current Events with Sally (BST)</div> <div>1pm Open Studio Painting (I2A)</div> <div>1:30pm Exercise with Arthur (FC)</div> <div>2pm Book Club (I3A)</div> <div>7pm IL Movie - Top Gun (Prime) (I3T)</div> <div>20</div>	<div>9am Water Workouts with Arthur (FPL)</div> <div>9:15am Shopping at Jewel, Target, Best Buy, Ross (RSVP) (IOT)</div> <div>10am Chair Volleyball (CAF)</div> <div>10:30am Exercise with Arthur (FC)</div> <div>11am Parkinson's Support Group (I4G)</div> <div>11:30am Water Workouts with Arthur (FPL)</div> <div>11:30am Lunch Out: Dengeo's (RSVP) (IOT)</div> <div>1pm Rock Steady Boxing (FC)</div> <div>1:30pm IL Resident Meeting (BST)</div> <div>3pm Happy Hour with Daryl Nitz (BST)</div> <div>7pm IL Movie - Operation Finale (Netflix) (BST)</div> <div>21</div>	<div>10am Location Change: Blood Pressure Clinic (I3A)</div> <div>10am Aqua Fitness with Ben (FPL)</div> <div>10am Cancelled: Chair Volleyball (CAF)</div> <div>10am Workout with Melanie (FC)</div> <div>10am Painting Class with Karin (I4A)</div> <div>1:30pm Express Fitness with Arthur (FC)</div> <div>2:30pm S.T.O.P (Sensibly Take Off Pounds) (I2A)</div> <div>2:45pm Cancelled: Hotsie-Totsie Voices Rehearsal (BST)</div> <div>5pm Carrington Casino Night (B/T)</div> <div>7pm IL Movie -Jesse Stone: Benefit of the Doubt(Prime) (I3T)</div> <div>7pm Poker Night (I4G)</div> <div>22</div>	<div>9:30am Cozetta's Rosary Group (I4V)</div> <div>10am Chair Volleyball (CAF)</div> <div>10:30am Exercise with Arthur (FC)</div> <div>10:30am Outing: Rivers Casino (RSVP) (IOT)</div> <div>11:30am Water Workouts with Arthur (FPL)</div> <div>1:30pm Creative Projects in Art (I4A)</div> <div>1:30pm Take a Walk Down Memory Lane (I4V)</div> <div>2pm Chair Yoga with Linda (FC)</div> <div>4:30pm Shabbat Service (BST)</div> <div>7pm IL Movie - Cafe Society (Prime) (I3T)</div> <div>23</div>	<div>9:30am Carrington Community Church (BST)</div> <div>10:30am Open Aqua Exercise Group (FPL)</div> <div>11am Shopping Outing: Trader Joes Evanston (RSVP) (IOT)</div> <div>1:15pm Quiet Piano with Patrick (BST)</div> <div>1:45pm Workout with Melanie (FC)</div> <div>2pm Special Performance: Acting Showcase (BST)</div> <div>2:30pm Stretch, Tone, Strength with Melanie (FC)</div> <div>7pm IL Movie - Tender Trap (Prime) (I3T)</div> <div>24</div>
<div>7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC)</div> <div>8:30am Queen of All Saints Basilica (RSVP) (IOT)</div> <div>8:30am Edgebrook Lutheran Church (RSVP) (IOT)</div> <div>9:15am St. Marks Episcopal (RSVP) (IOT)</div> <div>9:30am Holy Name Cathedral (Virtual) (I4V)</div> <div>1:15pm Quiet Piano with Patrick (BST)</div> <div>2pm Bingo with Trudy (CAF)</div> <div>2pm Outing: Gay Men's Chorus (RSVP) (IOT)</div> <div>7pm IL Movie - Runaway Jury (Netflix) (I3T)</div> <div>25</div>	<div>Memorial Day</div> <div>10am Chair Volleyball (CAF)</div> <div>10:30am Cancelled: Moving For Mobility (FC)</div> <div>1pm Movement & Balance with Select Rehab (FC)</div> <div>2pm Dancing with Martha (FC)</div> <div>3pm Cancelled: Dementia Support for Care Partners (I4G)</div> <div>3pm Knitting & Crochet Lessons (I2A)</div> <div>7pm IL Movie - Mending the Line (Netflix) (I3T)</div> <div>7pm Poker Night (I4G)</div> <div>26</div>	<div>9:30am Aqua Fitness with Ben (FPL)</div> <div>10am Chair Volleyball (CAF)</div> <div>10am Workout with Melanie (FC)</div> <div>11am Current Events with Sally (BST)</div> <div>1pm Open Studio Painting (I2A)</div> <div>1:30pm Exercise with Arthur (FC)</div> <div>3pm Story Time with Trudy (I4V)</div> <div>7pm IL Movie - Loose Cannons (Prime) (I3T)</div> <div>27</div>	<div>9am Water Workouts with Arthur (FPL)</div> <div>9:15am Shopping: Aldi, Home Depot, PetSmart (RSVP) (IOT)</div> <div>10am Chair Volleyball (CAF)</div> <div>10:30am Exercise with Arthur (FC)</div> <div>11:30am Water Workouts with Arthur (FPL)</div> <div>11:30am Lunch Out: Highway House (RSVP) (IOT)</div> <div>1pm Rock Steady Boxing (FC)</div> <div>3pm Happy Hour: Vince Micari Trio (BST)</div> <div>7pm IL Movie - A Complete Unknown (Prime) (BST)</div> <div>28</div>	<div>10am Blood Pressure Clinic (ILV)</div> <div>10am Aqua Fitness with Ben (FPL)</div> <div>10am Chair Volleyball (CAF)</div> <div>10am Workout with Melanie (FC)</div> <div>11am Life Enrichment (Activities) Meeting (I4G)</div> <div>1:30pm Express Fitness with Arthur (FC)</div> <div>2:30pm S.T.O.P (Sensibly Take Off Pounds) (I2A)</div> <div>2:45pm Hotsie-Totsie Voices Rehearsal (BST)</div> <div>4:30pm Dinner Out: Old Orchard Mall (RSVP) (ILB)</div> <div>7pm IL Movie - A Simple Twist of Fate (Prime) (I3T)</div> <div>7pm Poker Night (I4G)</div> <div>29</div>	<div>9:30am Cozetta's Rosary Group (I4V)</div> <div>10am Chair Volleyball (CAF)</div> <div>10:30am Exercise with Arthur (FC)</div> <div>11:30am Water Workouts with Arthur (FPL)</div> <div>1:30pm Creative Projects in Art (I4A)</div> <div>1:30pm Take a Walk Down Memory Lane (I4V)</div> <div>2pm Chair Yoga with Linda (FC)</div> <div>4:30pm Shabbat Service (BST)</div> <div>7pm IL Movie - Mr. Smith Goes to Washington (Netflix) (I3T)</div> <div>30</div>	<div>9:30am Carrington Community Church (BST)</div> <div>10:30am Open Aqua Exercise Group (FPL)</div> <div>10:30am Outing: MetLive in HD - The Barber of Seville (IOT)</div> <div>1:45pm Workout with Melanie (FC)</div> <div>2:30pm Stretch, Tone, Strength with Melanie (FC)</div> <div>7pm IL Movie - Step Lively (Prime) (I3T)</div> <div>31</div>

