

July 2024 Memory Care/Tessera Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>THE CARRINGTON AT LINCOLNWOOD</p>	<p>10:00 🏃 Sit and Be Fit [MCS] 1</p> <p>10:30 📺 Daily Chronicle</p> <p>11:00 🧠 Word Scramble [MCN]</p> <p>2:00 🎵 SingFit! [MCS]</p> <p>2:45 🗨️ Snack and Chat</p> <p>3:00 🎨 Art Club: 4th of July Craft [MCS]</p> <p>4:00 📺 Daily Rewind</p>	<p>10:00 ❤️ Music Therapy with Nancy [MCN] 2</p> <p>10:00 🌞 Sunshine Club [WCY]</p> <p>10:45 📺 Daily Chronicle [MCN]</p> <p>11:00 🗨️ Name That Tune [MCS]</p> <p>11:30 🗨️ Lunch Outing-Chic-Fil-A</p> <p>2:00 🗨️ Patio Party! [MCP]</p> <p>2:00 📺 Sensory Sensations [MCN]</p> <p>2:30 🗨️ Snack and Chat</p> <p>3:00 🌿 Flower Arrangement [MCN]</p> <p>3:00 📺 Word Games</p> <p>3:30 ❤️ Meditation and Relaxation [MCS]</p> <p>4:00 📺 Daily Rewind</p>	<p>10:00 🌞 Traveling Sunshine Club [WCY] 3</p> <p>10:00 🏃 Zumba with Janette! [MCN]</p> <p>10:30 📺 Daily Chronicle [MCN]</p> <p>11:00 🧠 Word Scramble [MCN]</p> <p>2:00 📺 Sensory Sensations [MCN]</p> <p>2:00 🏃 SingFit! [MCS]</p> <p>2:45 🗨️ Snack and Chat</p> <p>3:00 🗨️ Bingo [MCS]</p> <p>4:00 📺 Daily Rewind</p>	<p>Happy Birthday Lola! Independence Day 4</p> <p>10:00 🗨️ Patriotic Music with John! [MCN]</p> <p>10:45 📺 Daily Chronicle</p> <p>11:00 📺 Red White and Blue Trivia! [MCN]</p> <p>12:00 🗨️ 4th of July Cookout!</p> <p>2:00 🗨️ Patriotic Bingo! [MCS]</p> <p>3:00 🗨️ Yankee Doodle Dandy Matinee</p>	<p>10:00 🏃 Exercise Fun [MCN] 5</p> <p>10:00 🌞 Traveling Sunshine Club [WCY]</p> <p>10:30 📺 Daily Chronicle</p> <p>11:00 🗨️ Give Me Five</p> <p>2:00 ❤️ Baking with Salma [MCS]</p> <p>2:00 🗨️ Men's Club with David [MCN]</p> <p>3:00 🗨️ Picture it! Story Telling [MCS]</p> <p>3:00 📺 Sensory Sensations [MCN]</p> <p>4:00 📺 Daily Rewind</p>	<p>10:00 🏃 Moving for Mobility [MCN] 6</p> <p>10:45 📺 Daily Chronicle [MCN]</p> <p>11:00 🗨️ Finish The Phrase! [MCN]</p> <p>2:00 🗨️ Sensory Sensations [MCN]</p> <p>2:00 🏃 SingFit! [MCS]</p> <p>2:45 🗨️ Snack and Chat</p> <p>3:00 🏃 Noodleball [MCS]</p> <p>4:00 📺 Daily Rewind</p>	
	<p>10:00 🏃 Sit & Be Fit [MCS] 7</p> <p>10:00 🌞 Sunshine Club [MCN]</p> <p>10:30 📺 Daily Chronicle</p> <p>11:00 🗨️ Name 10 Game [MCS]</p> <p>2:00 🏃 SingFit [MCN]</p> <p>2:45 🗨️ Snack and Chat</p> <p>3:00 🗨️ Bean Bag Toss [MCN]</p> <p>3:00 🗨️ Sensory Sensations [MCN]</p> <p>4:00 📺 Daily Rewind</p>	<p>10:00 🏃 Sit and Be Fit [MCS] 8</p> <p>10:30 📺 Daily Chronicle [MCS]</p> <p>10:30 📺 Daily Chronicle</p> <p>11:00 🧠 Word Scramble [MCN]</p> <p>2:00 🎵 SingFit! [MCS]</p> <p>2:45 🗨️ Snack and Chat</p> <p>3:00 🎨 Art Club: Air Dry Clay [MCS]</p> <p>4:00 📺 Daily Rewind</p>	<p>10:00 🏃 Move & Groove [MCS] 9</p> <p>10:00 ❤️ Sunshine Club [WCY]</p> <p>10:30 📺 Daily Chronicle [MCN]</p> <p>11:00 🗨️ Name That Tune [MCS]</p> <p>2:00 🗨️ Patio Party! [MCP]</p> <p>2:00 📺 Sensory Sensations [MCN]</p> <p>2:00 ❤️ Visits with Myra! [WCY]</p> <p>2:30 🗨️ Snack and Chat</p> <p>3:00 🌿 Flower Arrangement [MCN]</p> <p>3:00 📺 Word Games [MCS]</p> <p>3:30 ❤️ Meditation and Relaxation [MCS]</p> <p>4:00 📺 Daily Rewind</p>	<p>10:00 🌞 Traveling Sunshine Club [WCY] 10</p> <p>10:00 🏃 Zumba with Janette! [MCN]</p> <p>10:30 📺 Daily Chronicle [MCN]</p> <p>11:00 🧠 Word Scramble [MCN]</p> <p>1:00 🗨️ Outing: Garfield Park Conservatory [OUT]</p> <p>2:00 ❤️ Sensory Sensations [MCN]</p> <p>2:00 🏃 SingFit! [MCS]</p> <p>2:45 ❤️ Snack and Chat</p> <p>3:00 🗨️ Bingo [MCS]</p> <p>4:00 📺 Daily Rewind</p>	<p>10:00 🗨️ Baking Club-Blueberry Muffins [MCS] 11</p> <p>10:00 🗨️ Sunshine Club [MCN]</p> <p>11:00 📺 Daily Chronicle [MCS]</p> <p>1:30 ❤️ Songs by Heart [MCN]</p> <p>2:30 ❤️ Snack and Chat</p> <p>3:00 🏃 Noodle Ball [MCS]</p> <p>3:00 📺 Sensory Sensations</p> <p>4:00 📺 Daily Rewind</p>	<p>10:00 🏃 Rock Steady [MCN] 12</p> <p>10:00 🌞 Traveling Sunshine Club [WCY]</p> <p>10:30 📺 Daily Chronicle</p> <p>11:00 🗨️ Give Me Five</p> <p>2:00 ❤️ Ladies Club with Salma! [MCS]</p> <p>2:00 🏃 Men's Club with David [MCN]</p> <p>2:45 ❤️ Snack and Chat</p> <p>3:00 🗨️ Picture it! Story Telling [MCS]</p> <p>3:00 📺 Sensory Sensations [MCN]</p> <p>4:00 📺 Daily Rewind</p>	<p>10:00 🏃 Moving for Mobility [MCN] 13</p> <p>10:45 📺 Daily Chronicle [MCN]</p> <p>11:00 🗨️ Finish The Phrase! [MCN]</p> <p>1:30 🏃 Dance it Out!</p> <p>2:00 🗨️ Sensory Sensations [MCN]</p> <p>2:00 🏃 SingFit! [MCS]</p> <p>2:45 🗨️ Snack and Chat</p> <p>3:00 🗨️ Bean Bag Toss [MCS]</p> <p>4:00 📺 Daily Rewind</p> <p>4:30 🌿 Mindful Meditations [MCS]</p>
	<p>10:00 🏃 Sit & Be Fit [MCS] 14</p> <p>10:00 🌞 Sunshine Club [MCN]</p> <p>10:30 📺 Daily Chronicle</p> <p>11:00 🗨️ Name 10 Game [MCS]</p> <p>2:00 🏃 SingFit [MCN]</p> <p>2:45 🗨️ Snack and Chat</p> <p>3:00 🗨️ Noodle Ball [MCS]</p> <p>3:00 🗨️ Sensory Sensations [MCN]</p> <p>4:00 📺 Daily Rewind</p>	<p>10:00 🏃 Sit and Be Fit [MCS] 15</p> <p>10:30 📺 Daily Chronicle</p> <p>11:00 🧠 Word Scramble [MCN]</p> <p>2:00 🎵 SingFit! [MCS]</p> <p>2:45 🗨️ Snack and Chat</p> <p>3:00 🎨 Art Club [MCS]</p> <p>3:00 🏃 Jumbo Soccer [MCS]</p> <p>4:00 📺 Daily Rewind</p>	<p>10:00 ❤️ Music Therapy with Nancy [MCN] 16</p> <p>10:00 🌞 Sunshine Club [WCY]</p> <p>10:30 📺 Daily Chronicle [MCN]</p> <p>11:00 🗨️ Name That Tune [MCS]</p> <p>2:00 🗨️ Patio Party! [MCP]</p> <p>2:00 📺 Sensory Sensations [MCN]</p> <p>2:30 🗨️ Cherry Pickings Dice Game [MCS]</p> <p>2:30 🗨️ Snack and Chat</p> <p>3:00 🌿 Flower Arrangement [MCN]</p> <p>3:30 ❤️ Meditation and Relaxation [MCS]</p> <p>4:00 📺 Daily Rewind</p>	<p>10:00 🌞 Traveling Sunshine Club [WCY] 17</p> <p>10:00 🏃 Zumba with Janette! [MCN]</p> <p>10:30 📺 Daily Chronicle [MCN]</p> <p>11:00 🧠 Word Scramble [MCN]</p> <p>2:00 ❤️ Sensory Sensations [MCN]</p> <p>2:00 🏃 SingFit! [MCS]</p> <p>2:45 ❤️ Snack and Chat</p> <p>3:00 🗨️ Bingo [MCS]</p> <p>4:00 📺 Daily Rewind</p>	<p>10:00 📺 Coffee and Conversations Social [MCS] 18</p> <p>10:00 🗨️ Sunshine Club [MCN]</p> <p>11:00 📺 Daily Chronicle [MCS]</p> <p>1:30 ❤️ Songs by Heart [MCN]</p> <p>2:30 ❤️ Snack and Chat</p> <p>3:00 🏃 Dance Party! [MCS]</p> <p>3:00 📺 Sensory Sensations [MCN]</p> <p>4:00 📺 Daily Rewind</p>	<p>Happy Birthday Dorothy! 19</p> <p>10:00 🏃 Rock Steady [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>2:00 ❤️ Ladies Club with Salma! [MCS]</p> <p>2:00 🗨️ Men's Club with David [MCN]</p> <p>3:00 📺 Sensory Sensations [MCN]</p> <p>3:00 🗨️ Tour De France Racing Game [MCS]</p> <p>4:00 📺 Daily Rewind</p>	<p>10:00 🏃 Moving for Mobility [MCN] 20</p> <p>10:30 🗨️ Carrington Car Show!</p> <p>10:45 📺 Daily Chronicle [MCN]</p> <p>11:00 🗨️ Finish The Phrase! [MCN]</p> <p>2:00 🗨️ Sensory Sensations [MCN]</p> <p>2:00 🏃 SingFit! [MCS]</p> <p>2:45 🗨️ Snack and Chat</p> <p>3:00 🗨️ Bean Bag Toss [MCN]</p> <p>3:00 🏃 Noodleball [MCS]</p> <p>4:00 📺 Daily Rewind</p>

July 2024 Memory Care/Tessera Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday Bob! 21 10:00 🚶 Sit & Be Fit [MCS] 10:00 ☀️ Sunshine Club [MCN] 10:30 💡 Daily Chronicle 11:00 🧩 Name 10 Game [MCS] 2:00 🍷 Outing-Oberweis Ice Cream 2:00 🚶 SingFit [MCN] 2:45 🍷 Snack and Chat 3:00 🧩 Bean Bag Toss [MCN] 3:00 🧠 Sensory Sensations [MCN] 4:00 💡 Daily Rewind	10:00 🚶 Sit and Be Fit [MCS] 22 10:30 💡 Daily Chronicle 11:00 🧩 Word Scramble [MCN] 2:00 🧩 SingFit! [MCS] 2:45 🍷 Snack and Chat 3:00 🎨 Art Club [MCS] 4:00 💡 Daily Rewind	10:00 🚶 Move & Groove [MCS] 23 10:00 ❤️ Sunshine Club [WCY] 10:30 💡 Daily Chronicle [MCN] 11:00 🧩 Name That Tune [MCS] 2:00 🧩 Patio Party! [MCP] 2:00 🧠 Sensory Sensations [MCN] 2:30 🍷 Snack and Chat 3:00 🌿 Flower Arrangement [MCN] 3:30 ❤️ Meditation and Relaxation [MCS] 4:00 💡 Daily Rewind	10:00 ☀️ Traveling Sunshine Club [WCY] 24 10:00 🚶 Zumba with Janette! [MCN] 10:30 💡 Daily Chronicle [MCN] 11:00 🧩 Word Scramble [MCN] 2:00 ❤️ Sensory Sensations [MCN] 2:00 🚶 SingFit! [MCS] 2:45 🍷 Snack and Chat 3:00 🧩 Bingo [MCS] 4:00 💡 Daily Rewind	Happy Birthday Julius! 25 10:00 🍷 Baking Club-Cookies! [MCS] 10:00 🧩 Sunshine Club [MCN] 11:00 💡 Daily Chronicle [MCS] 11:00 🧩 Finish the Lyric [MCS] 1:30 ❤️ Songs by Heart [MCN] 2:30 🧩 Birthday Bash! [MCN] 4:00 💡 Daily Rewind	10:00 🚶 Rock Steady [MCN] 26 10:00 ☀️ Traveling Sunshine Club [WCY] 10:30 💡 Daily Chronicle 11:00 🧩 Give Me Five [MCS] 2:00 ❤️ Ladies Club with Salma! [MCS] 2:00 🧩 Men's Club with David [MCN] 3:00 🧠 Sensory Sensations [MCN] 4:00 💡 Daily Rewind	10:00 🚶 Moving for Mobility [MCN] 27 10:45 💡 Daily Chronicle [MCN] 11:00 🧩 Finish The Phrase! [MCN] 2:00 🧠 Sensory Sensations [MCN] 2:00 🚶 SingFit! [MCS] 2:45 🍷 Snack and Chat 3:00 🧩 Bean Bag Toss [MCS] 4:00 💡 Daily Rewind

10:00 🚶 Sit & Be Fit [MCS] 28 10:00 ☀️ Sunshine Club [MCN] 10:30 💡 Daily Chronicle 11:00 🧩 Name 10 Game [MCS] 2:00 🚶 SingFit [MCN] 2:45 🍷 Snack and Chat 3:00 🧩 Noodle Ball [MCS] 3:00 🧠 Sensory Sensations [MCN] 4:00 💡 Daily Rewind	10:00 🚶 Sit and Be Fit [MCS] 29 10:30 💡 Daily Chronicle 11:00 🧩 Word Scramble [MCN] 2:00 🧩 SingFit! [MCS] 2:45 🍷 Snack and Chat 3:00 🚶 Jumbo Soccer [MCS] 4:00 💡 Daily Rewind	10:00 ❤️ Sunshine Club [WCY] 30 10:30 💡 Daily Chronicle [MCN] 11:00 🧩 Name That Tune [MCS] 2:00 🧩 Patio Party! [MCP] 2:00 🧠 Sensory Sensations [MCN] 2:30 🍷 Snack and Chat 3:00 🌿 Flower Arrangement [MCN] 3:00 ❤️ Meditation and Relaxation [MCS] 4:00 💡 Daily Rewind	10:00 ☀️ Traveling Sunshine Club [WCY] 31 10:00 🚶 Zumba with Janette! [MCN] 10:30 💡 Daily Chronicle [MCN] 11:00 🧩 Word Scramble [MCN] 2:00 ❤️ Sensory Sensations [MCN] 2:00 🚶 SingFit! [MCS] 2:45 ❤️ Snack and Chat 3:00 🧩 Bingo [MCS] 4:00 💡 Daily Rewind	<p>Location Keys</p> <p>Memory Care North MCN Memory Care Patio MCP Memory Care South MCS Outing OUT We Come to You WCY</p>	<p>Resident Birthdays</p> <p>Lola F. 7/4 Dorothy B. 7/19 Robert S. 7/21 Julius M. 7/25</p>	<ul style="list-style-type: none"> 🎨 Creative Arts ❤️ Emotional 🚶 Health and Wellness 💡 Intellectual 🌿 Nature 🍷 Purposeful 🧩 Recreation and Leisure ☀️ Restorative
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3501 Northeast Pkwy
Lincolnwood, IL 60712
(847) 973-6262



Resident Birthdays

Lola F. 7/4
 Dorothy B. 7/19
 Robert S. 7/21
 Julius M. 7/25

- 🎨 Creative Arts
- ❤️ Emotional
- 🚶 Health and Wellness
- 💡 Intellectual
- 🌿 Nature
- 🍷 Purposeful
- 🧩 Recreation and Leisure
- ☀️ Restorative

All activities are subject to change.

Location Keys

Memory Care North MCN
 Memory Care Patio MCP
 Memory Care South MCS
 Outing OUT
 We Come to You WCY