


# July 2024 Mezzanine Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>THE CARRINGTON AT LINCOLNWOOD 3501 Northeast Parkway Lincolnwood, IL 60712 (847) 973-6262</p>	<p>10:00 🏃 Zumba and Laughter Yoga [Mez] <b>1</b></p> <p>10:45 📺 News and Views [Mez]</p> <p>1:30 🎵 Music with John [MLR]</p> <p>2:00 🏃 Dancing with Martha! [FC]</p> <p>3:00 🎮 Patio Chats and Games [Mez]</p> <p>4:00 📺 Daily Rewind [Mez]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🏃 Move &amp; Groove [Mez] <b>2</b></p> <p>10:30 📺 News and Views [Mez]</p> <p>11:00 🎵 Music Therapy with Nancy [Mez]</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 🧠 Creativity Corner [Mez] <b>3</b></p> <p>11:45 ❤️ Lunch Outing!</p> <p>1:15 🏃 Rock Steady Boxing [FC]</p> <p>2:15 📺 Dog Days of Summer Trivia [MLR]</p> <p>3:00 🎮 Happy Hour with Chicago Ed [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p> <p>11:00 📺 News and Views [Mez]</p>	<p><b>Independence Day</b> <b>4</b></p> <p>10:45 🎵 Patriotic Music with John! [2LVR]</p> <p>11:30 🍷 4th of July Cookout!</p> <p>1:30 🏃 Exercise with Arthur [FC]</p> <p>2:00 🎮 Patriotic Bingo! [Mez]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🏃 Sit and Be Fit <b>5</b></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 📺 True or False Trivia [Mez]</p> <p>1:30 🏃 Afternoon Stretches [Mez]</p> <p>2:30 🎮 Friday Movie Matinee [Mez]</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] <b>6</b></p> <p>10:30 📺 Daily Chronicle [AAR]</p> <p>11:00 🏃 Moving For Mobility [AAR]</p> <p>2:00 🎮 Red, White &amp; You: Magic and Comedy Show [BST]</p> <p>3:30 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	
	<p>10:00 🏃 Sit and Be Fit with Salma [Mez] <b>7</b></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>1:30 🏃 Catch a Conversation [Mez]</p> <p>2:00 ❤️ Baking Club with Salma [Mez]</p> <p>3:00 🎮 Puzzles and Games</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🏃 Zumba and Laughter Yoga [Mez] <b>8</b></p> <p>10:45 📺 News and Views [Mez]</p> <p>1:30 🎮 Pondering Prompts [MLR]</p> <p>2:00 🏃 Dancing with Martha! [FC]</p> <p>3:00 🎮 Classic Comedy Hour [BST]</p> <p>3:00 🎮 Patio Chats and Games [Mez]</p> <p>4:00 📺 Daily Rewind [Mez]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 📺 Daily Chronicle [Mez] <b>9</b></p> <p>10:30 🏃 Fitness with Arthur [Mez]</p> <p>10:30 📺 News and Views [Mez]</p> <p>11:00 🎤 Karaoke [Mez]</p> <p>1:30 🏃 Exercise with Arthur [FC]</p> <p>1:30 🎮 Opera Club</p> <p>1:30 ❤️ Visits with Myra [WCY]</p> <p>2:00 🎨 Painting with Colleen [AAR]</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 🏃 Move and Groove [Mez] <b>10</b></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>1:15 🏃 Rock Steady Boxing [FC]</p> <p>2:15 📺 Feline Idioms [MLR]</p> <p>3:00 🎮 Happy Hour with the Vince Micari Trio [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🏃 Chair Volleyball [MLR] <b>11</b></p> <p>11:00 📺 News and Views</p> <p>1:00 🦋 Rosary with Cozetta [ML]</p> <p>1:30 🏃 Exercise with Arthur [FC]</p> <p>2:15 📺 True or False Trivia [MLR]</p> <p>3:00 📺 A Paris Refrain: Music From the City of Lights</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🎨 Creative Arts [Mez] <b>12</b></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🏃 SingFit! [Mez]</p> <p>1:30 🏃 Afternoon Stretches [Mez]</p> <p>2:30 🎮 Friday Movie Matinee [Mez]</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] <b>13</b></p> <p>10:30 📺 Daily Chronicle [AAR]</p> <p>11:00 🏃 Moving For Mobility [AAR]</p> <p>2:00 🎮 Festival and Games</p> <p>3:00 🎮 Social Hour [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>
	<p>10:00 🏃 Sit and Be Fit with Salma [Mez] <b>14</b></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 📺 SingFit! [Mez]</p> <p>1:30 🏃 NoodleBall [Mez]</p> <p>2:00 🎮 Sunday Smoothies</p> <p>3:00 🦋 Hymn Sing with Annamarie [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🏃 Zumba and Laughter Yoga [Mez] <b>15</b></p> <p>10:45 📺 News and Views [Mez]</p> <p>1:30 🎮 Pondering Prompts [MLR]</p> <p>2:00 🏃 Dancing with Martha! [FC]</p> <p>3:00 🎮 Patio Chats and Games [Mez]</p> <p>4:00 📺 Daily Rewind [Mez]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🏃 Move &amp; Groove [Mez] <b>16</b></p> <p>10:30 📺 News and Views [Mez]</p> <p>11:00 🎵 Music Therapy with Nancy [Mez]</p> <p>1:30 🏃 Exercise with Arthur [FC]</p> <p>2:30 🎮 Picture Bingo-Birthday Bingo [Mez]</p> <p>3:00 🎮 Cherry Pickings Dice Game [Mez]</p> <p>4:00 🏃 Leisurely Walk</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🧠 Creativity Corner [Mez] <b>17</b></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>1:15 🏃 Rock Steady Boxing [FC]</p> <p>2:15 🎨 Picture it! Story Telling</p> <p>3:00 🎮 Happy Hour with Jeannie Tanner [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🏃 Chair Volleyball [MLR] <b>18</b></p> <p>11:00 📺 News and Views</p> <p>1:00 🦋 Rosary with Cozetta [ML]</p> <p>1:30 🏃 Exercise with Arthur [FC]</p> <p>2:30 ❤️ Moments from Hollywood Musicals [ALT]</p> <p>3:30 🎨 Creative Coloring [Mez]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 ❤️ Coffee and Conversations Social <b>19</b></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:30 🎮 Veteran's Club</p> <p>10:45 🏃 SingFit! [Mez]</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] <b>20</b></p> <p>10:30 🎮 Carrington Car Show!</p> <p>10:30 📺 Daily Chronicle [AAR]</p> <p>11:00 🏃 Moving For Mobility [AAR]</p> <p>2:00 🎮 Festival and Games</p> <p>3:00 🎮 Social Hour [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>

# July 2024 Mezzanine Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 🚶 Sit and Be Fit with Salma [Mez] <b>21</b> 10:30 📺 News and Views [Mez] 10:45 🎤 Singfit! [Mez] 1:30 🚶 Noodleball 2:30 🍦 Ice Cream Sundae Social [Mez] 4:00 📺 Daily Rewind [MLR] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🚶 Zumba and Laughter Yoga [Mez] <b>22</b> 10:45 📺 News and Views [Mez] 1:30 🧠 Pondering Prompts [MLR] 2:00 🚶 Dancing with Martha! [FC] 3:00 🧠 Patio Chats and Games [Mez] 4:00 📺 Daily Rewind [Mez] 5:30 ❤️ Relax and Unwind [Mez]	10:00 📺 Daily Chronicle [Mez] <b>23</b> 10:30 🚶 Fitness with Arthur [Mez] 10:30 📺 News and Views [Mez] 11:00 🎤 Karaoke [Mez] 1:30 🚶 Exercise with Arthur [FC] 2:30 🧠 Picture Bingo [Mez] 4:00 🚶 Leisurely Walk 5:30 ❤️ Relax and Unwind [Mez]	10:00 🚶 Sit and Be Fit [Mez] <b>24</b> 10:30 📺 News and Views [Mez] 10:45 ❤️ SingFit! [Mez] 1:00 🌳 Outing: Garfield Park Conservatory [OUT] 1:15 🚶 Rock Steady Boxing [FC] 3:00 🎤 Happy Hour: The Global Guitar Duo [BST] 4:00 📺 Daily Rewind [MLR] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🚶 Chair Volleyball [MLR] <b>25</b> 11:00 📺 News and Views 1:00 🦋 Rosary with Cozetta [ML] 1:30 🚶 Exercise with Arthur [FC] 2:30 🌍 Passport to the World: Greece [2LVR] 4:00 📺 Daily Rewind [MLR] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🚶 Sit and Be Fit [Mez] <b>26</b> 10:30 📺 News and Views [Mez] 10:45 🚶 SingFit! [Mez] 1:30 ❤️ Christmas in July Concert! [BST] 2:30 🧠 Olympic Trivia! [MLR] 4:00 📺 Daily Rewind [Mez] 4:30 🦋 Shabbat [BST] 5:30 ❤️ Relax and Unwind [Mez]	9:30 🦋 Carrington Community Church [BST] <b>27</b> 10:30 📺 Daily Chronicle [AAR] 11:00 🚶 Moving For Mobility [AAR] 2:00 🧠 Festival and Games 3:00 🧠 Social Hour [MLR] 5:30 ❤️ Relax and Unwind [Mez]

10:00 🚶 Sit and Be Fit with Salma [Mez] <b>28</b> 10:30 📺 News and Views [Mez] 10:45 🎤 Singfit! [Mez] 1:30 🚶 Catch a Conversation [Mez] 2:00 🍪 Baking with Salma [Mez] 3:30 🎨 Colorful Creations 4:00 📺 Daily Rewind [MLR] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🚶 Zumba and Laughter Yoga [Mez] <b>29</b> 10:45 📺 News and Views [Mez] 1:30 🧠 Pondering Prompts [MLR] 2:00 🚶 Dancing with Martha! [FC] 3:00 🧠 Patio Chats and Games [Mez] 4:00 📺 Daily Rewind [Mez] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🚶 Sit and Be Fit [Mez] <b>30</b> 10:30 📺 News and Views [Mez] 10:45 🎭 Reader's Theater: Bygones 1:30 🚶 Exercise with Arthur [FC] 2:30 🧠 Picture Bingo [Mez] 3:30 📺 Judge and Jury [Mez] 4:00 🚶 Leisurely Walk 5:30 ❤️ Relax and Unwind [Mez]	10:30 📺 News and Views [Mez] <b>31</b> 10:45 ❤️ SingFit! [Mez] 1:15 🚶 Rock Steady Boxing [FC] 2:15 🧠 Fake News Trivia [MLR] 3:00 🎤 Happy Hour with Jeff and Janis [BST] 4:00 📺 Daily Rewind [MLR] 5:30 ❤️ Relax and Unwind [Mez]	<ul style="list-style-type: none"> <li>🎨 Creative Arts</li> <li>❤️ Emotional</li> <li>🚶 Health and Wellness</li> <li>💡 Intellectual</li> <li>🏠 Purposeful</li> <li>🧠 Recreation and Leisure</li> <li>🦋 Spiritual</li> </ul>	<p style="text-align: center;"><b>Resident Birthdays</b></p> <table border="0"> <tr> <td>Warren H.</td> <td style="text-align: right;">7/3</td> </tr> <tr> <td>James C.</td> <td style="text-align: right;">7/19</td> </tr> </table>	Warren H.	7/3	James C.	7/19
Warren H.	7/3								
James C.	7/19								



**Location Keys**

AL 2nd FL Activity Room	AAR	Mezzanine Activity Room	Mez
AL 2nd FL Living Room	2LVR	Mezzanine Library	ML
AL 4th FL Theater	ALT	Mezzanine Living Room	MLR
Bistro	BST	Outing	OUT
Fitness Center	FC	We Come to You	WCY



All activities are subject to change. Please review the daily schedule for the most up-to-date information