

# September 2024 Mezzanine Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 🏃 Sit and Be Fit with Salma [Mez] <b>1</b></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🎤 Singfit! [Mez]</p> <p>1:30 🏃 Dance Party [Mez]</p> <p>2:00 🎨 Colorful Creations [Mez]</p> <p>3:00 🎭 No Rhyme or Reason Game [Mez]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p><b>Labor Day</b> <b>2</b></p> <p>10:00 🎵 Name that Tune [Mez]</p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🏃 Zumba and Laughter Yoga [Mez]</p> <p>11:30 ❤️ Labor Day BBQ</p> <p>1:30 🎧 Learning About Labor Day [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>3</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</p> <p>4:00 🏃 Leisurely Walk</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🎨 Creativity Corner [Mez] <b>4</b></p> <p>10:00 🏃 On-Site Flu Shots (AL) [2LVR]</p> <p>1:30 🏃 Move and Groove</p> <p>2:00 📺 One Hit and That's It! [MLR]</p> <p>3:00 🎧 Happy Hour with Johnnie Miller [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🏃 News and Views [MLR] <b>5</b></p> <p>10:30 🌱 Nature Project with Alyse [Mez]</p> <p>1:00 🙏 Rosary and Communion with Cozetta [ML]</p> <p>1:30 🏃 Exercise with Arthur [FC]</p> <p>2:30 🍕 Cooking Club-Pizza</p> <p>3:00 🎵 Hotsie-Totsie Voices - Song Selection #1 [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🏃 Sit and Be Fit [Mez] <b>6</b></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🍹 Fruit Smoothie Friday!</p> <p>11:00 🎤 Karaoke</p> <p>1:30 🏃 Afternoon Stretches [Mez]</p> <p>2:30 🍕 Creative Cooking [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>7</b></p> <p>10:30 📺 Daily Chronicle [AAR]</p> <p>11:00 🏃 Moving For Mobility [AAR]</p> <p>1:30 🎵 Special Musical Performance [BST]</p> <p>2:30 🍕 Pizza Party! [MLR]</p> <p>3:00 🎧 Social Hour [MLR]</p> <p>3:30 🎧 Puzzles and Games [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>
<p>10:00 🏃 Sit and Be Fit with Salma [Mez] <b>8</b></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🎤 Singfit! [Mez]</p> <p>12:00 🏈 Chicago Bears Home Opener</p> <p>1:30 🏃 Dance Party [Mez]</p> <p>2:00 🏈 Football Tailgate [ML]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🎵 Name that Tune [Mez] <b>9</b></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🏃 Zumba and Laughter Yoga [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 🎧 Helping Hands <b>10</b></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</p> <p>4:00 🏃 Leisurely Walk</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🏃 Sit and Be Fit <b>11</b></p> <p>10:30 📺 News and Views [AAR]</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>1:30 🎧 Outing-Lincoln Park Zoo [OUT]</p> <p>1:45 🏃 Rock Steady Boxing [MLR]</p> <p>3:00 🎧 Happy Hour: Vince Micari Trio [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🎧 Helping Hands <b>12</b></p> <p>1:00 🙏 Rosary with Cozetta [ML]</p> <p>1:30 🏃 Exercise with Arthur [FC]</p> <p>2:30 🍌 Chocolate Milkshake Social [Mez]</p> <p>3:00 🎧 Comedy Hour</p> <p>3:00 🎵 Hotsie-Totsie Voices - Song Selection #2 [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🎨 Creativity Corner [Mez] <b>13</b></p> <p>1:30 🏃 Afternoon Stretches [Mez]</p> <p>2:30 🍕 Creative Cooking [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>14</b></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 🎧 Social Hour [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>
<p>10:00 🏃 Sit and Be Fit with Salma [Mez] <b>15</b></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🎤 Singfit! [Mez]</p> <p>1:30 🏃 Dance Party [Mez]</p> <p>2:00 🎬 Movie Matinee</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🎵 Name that Tune [Mez] <b>16</b></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🏃 Zumba and Laughter Yoga [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 🎧 Helping Hands <b>17</b></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>18</b></p> <p>1:45 🏃 Rock Steady Boxing [MLR]</p> <p>3:00 🎧 Happy Hour: Carla Gordon &amp; Andy Bossov [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🎧 Helping Hands <b>19</b></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>3:00 🎵 Hotsie-Totsie Voices - Rehearsal [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>	<p>10:00 🏃 Sit and Be Fit <b>20</b></p> <p>10:30 📺 News and Views</p> <p>10:30 🎧 Veteran's Club</p> <p>10:45 🍹 Fruit Smoothie Friday!</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>21</b></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 🎧 Social Hour [MLR]</p> <p>5:30 ❤️ Relax and Unwind [Mez]</p>

# September 2024 Mezzanine Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 🚶 Sit and Be Fit with Salma [Mez] <b>22</b> 10:30 📺 News and Views [Mez] 10:45 🎤 Singfit! [Mez] 1:30 🚶 Dance Party [Mez] 2:00 🎬 Movie Matinee 3:00 🦋 <b>Hymn Sing with Annamarie [BST]</b> 4:00 📺 Daily Rewind [MLR] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🎵 Name that Tune [Mez] <b>23</b> 10:30 📺 News and Views [Mez] 10:45 🚶 <b>Zumba and Laughter Yoga [Mez]</b> 1:30 🎵 Pondering Prompts [MLR] 2:00 🚶 <b>Dancing with Martha! [FC]</b> 3:00 🎵 Patio Chats and Games [Mez] 4:00 📺 Daily Rewind [Mez] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🚶 Helping Hands <b>24</b> 1:30 🚶 Exercise with Arthur [FC] 2:30 🎵 Picture Bingo 4:00 🚶 Leisurely Walk 5:30 ❤️ Relax and Unwind [Mez]	10:00 🚶 Move and Groove [Mez] <b>25</b> 10:45 ❤️ SingFit! [Mez] 1:45 🚶 <b>Rock Steady Boxing [MLR]</b> 3:00 🎵 <b>Happy Hour with Steve Justman [BST]</b> 4:00 📺 Daily Rewind [MLR] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🚶 Helping Hands <b>26</b> 10:00 📺 News and Views [MLR] 10:30 ❤️ <b>Drumming with Chris! [MLR]</b> 1:00 🦋 Rosary with Cozetta [ML] 1:30 🚶 Exercise with Arthur [FC] 2:30 🎬 Movie Matinee 3:00 🎤 <b>Hotsie-Totsie Voices - Rehearsal [BST]</b> 4:00 📺 Daily Rewind [MLR] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🎨 Creativity Corner [Mez] <b>27</b> 11:00 🎤 Sing-Along with Annamarie [2LVR] 1:30 🚶 Afternoon Stretches [Mez] 2:15 🎵 <b>Passport to the World: Oktoberfest! [2LVR]</b> 4:00 📺 Daily Rewind [Mez] 4:30 🦋 <b>Shabbat [BST]</b> 5:30 ❤️ Relax and Unwind [Mez]	9:30 🦋 <b>Carrington Community Church [BST]</b> <b>28</b> 10:30 📺 Daily Chronicle [AAR] 11:00 🚶 <b>Moving For Mobility [AAR]</b> 2:00 🎵 Puzzles and Games [MLR] 3:00 🎵 Social Hour [MLR] 5:30 ❤️ Relax and Unwind [Mez]
10:00 🚶 Sit and Be Fit with Salma [Mez] <b>29</b> 10:30 📺 News and Views [Mez] 10:45 🎤 Singfit! [Mez] 1:30 🚶 Dance Party [Mez] 2:00 🎬 Movie Matinee 4:00 📺 Daily Rewind [MLR] 5:30 ❤️ Relax and Unwind [Mez]	10:00 🎵 Name that Tune <b>30</b> 10:30 📺 News and Views [Mez] 10:45 🚶 <b>Zumba and Laughter Yoga [Mez]</b> 1:30 🎵 Pondering Prompts [MLR] 2:00 🚶 <b>Dancing with Martha! [FC]</b> 3:00 🎵 Patio Chats and Games [Mez] 4:00 📺 Daily Rewind [Mez] 5:30 ❤️ Relax and Unwind [Mez]					

**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

- 🎨 Creative Arts
- ❤️ Emotional
- 🚶 Health and Wellness
- 💡 Intellectual
- 🌿 Nature
- 🚶 Purposeful
- 🎵 Recreation and Leisure
- 🦋 Spiritual

**Resident Birthdays**

Jeanette F.	9/12
Chris A.	9/18
Ann S.	9/29

All activities are subject to change. Please refer to the Daily Calendar for the most up to date schedule.