Independent Living Activities Calendar

October 2024

Location Key

I3D	IL Fl-3 Dining Room	**ADN**	AL Fl-1 Dining
I3T	IL Fl-3 Theater	**BST**	IL Fl-1 Bistro
I4A	IL Fl-4 Art	**CAF**	IL Fl-1 Cafe
I4G	IL Fl-4 Games	**FC**	Fitness Center
I4L	IL Fl-4 Library	**FPL**	FC - Pool
I4V	IL Fl-4 Living Room	**I2A**	IL Fl-2 Arts/Sewing
IDN	IL Fl-1 Dining	**I3A**	IL Fl-3 Activity / Ping Pong
IOT	IL Outing - IL Lobby		

Passport to the World!

This month we will have a taste of Italy! Look out for fun Italian themed food, activities, and movies!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30am Aqua Fitness with Ben (FPL) 9:30am Shopping: Costco, Target, Aldi (RSVP) (IOT) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 11am Current Events (BST) 1pm Open Studio Painting (I2A) 1:30pm Exercise with Arthur (FC) 1:30pm Mah-Jong (I3D) 1:30pm NEW DATE/TIME: Creative Projects in Art (I4A) 2pm Outing: Walgreen's Senior Discount Day (RSVP) (IOT) 2pm Tech Help with Regie (CAF) 2:15pm Zumba Class with Janette (FC) 3pm Story Time with Trudy (I4V) 7pm IL Movie - Tulsa (Prime) PG-13 (I3T)	2 **Rosh Hashanah Begins at Sundown** 9am Water Workouts with Arthur (FPL) 9:15am Shopping at Walmart and Mariano's (RSVP) (IOT) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 10:30am Library Committee (I2L) 11:30am Water Workouts with Arthur (FPL) 11:30am NEW DAY/TIME: Friends of Bill W. (AA Meeting) (I3A) 1pm Rock Steady Boxing for IL (FC) 3pm Happy Hour: Wayne Messmer Duo (BST) 4:30pm Dinner Outing: Burger Bite (RSVP) (IOT) 7pm IL Movie - Thelma (Prime) PG-13 (I3T) 7pm Rosh Hashanah Evening Service (BST)	3 10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Cancelled: Workout with Melanie (FC) 10am Chair Volleyball (CAF) 10:30am Rosh Hashanah Morning Service (BST) 1pm Knit and Crochet Group (I2A) 1:30pm Express Fitness with Arthur (FC) 2pm Chat Room (I3A) 2pm Tech Help with Regie (CAF) 3pm Hotsie-Totsie Voices Rehearsal (BST) 7pm IL Movie - Unfrosted (Netflix) PG-13 (I3T) 7pm Poker Night (I4G)	4 9:30am Cozetta's Rosary Group and Communion (I4V) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 10:30am Tech Help with Lincolnwood Library (BST) 11:30am Water Workouts with Arthur (FPL) 1:30pm NEW TIME: Creative Projects in Art (I4A) 1:30pm Take a Walk Down Memory Lane (I4V) 2pm Chair Yoga with Linda (FC) 4:30pm Shabbat Service (BST) 7pm IL Movie - Falling for Figaro (Netflix) TV-MA (I3T)	5 9:30am Carrington Community Church (BST) 10:30am Open Aqua Exercise Group (FPL) 11am Plant Doctors (I2A) 12pm Shopping: Whole Foods (RSVP) (IOT) 1:45pm Workout with Melanie (FC) 2:15pm Matinee - A Star is Born (Prime) R (I3T) 2:30pm Stretch, Tone, Strength with Melanie (FC) 7pm IL Movie - A Star is Born (Prime) R (I3T)
6 7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 8:15am Edgebrook Lutheran Church (RSVP) (IOT) 8:30am Queen of All Saints Basilica (RSVP) (IOT) 9:30am Holy Name Cathedral (Virtual) (I4V) 2pm Bingo with Trudy (CAF) 2:30pm Special Music: Betel Church Junior Choir (BST) 7pm IL Movie - True Spirit (Netflix) PG (I3T)	7 10am Chair Volleyball (CAF) 10am Open Aqua Exercise Group (FPL) 10:30am Move & Groove with Melanie (FC) 11am Recreational Ping-Pong (I3D) 1pm Movement & Balance with Select Rehab (FC) 2pm Dancing with Martha (FC) 3pm Dementia Support for Care Partners (I4G) 3pm Shakespeare Sessions: Showing Romeo & Juliet (I3T) 7pm IL Movie - Made in Italy (Netflix) R (I3T) 7pm Poker Night (I4G) 7:15pm Everyone Has A Story (BST)	8 9:30am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 1pm Open Studio Painting (I2A) 1:15pm Opera Club (I3T) 1:30pm Exercise with Arthur (FC) 1:30pm Mah-Jong (I3D) 1:30pm NEW DATE/TIME: Creative Projects in Art (I4A) 2pm Tech Help with Regie (CAF) 2:15pm Zumba Class with Janette (FC) 3pm Story Time with Trudy (I4V) 7pm IL Movie - Vertigo (Prime) PG (I3T)	9 **Fitness Center and Pool Closes at 2 p.m. (FC)** 9am Water Workouts with Arthur (FPL) 9:15am Shopping: Dollar Tree, Valli, Goodwill, PetSmart (IOT) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 11am Write Your Story (I3A) 11:15am MedTalk with Pat (BST) 11:30am Water Workouts with Arthur (FPL) 11:30am Friends of Bill W. (AA Meeting) (I3A) 11:45am Outing: Morton Arboretum (RSVP) (IOT) 1pm Rock Steady Boxing for IL (FC) 2pm Get-Together with Brad (BST) 3pm Happy Hour with Jane Allyson (BST) 5pm Dinner Outing: L Woods (IOT) 7pm IL Movie - On Golden Pond (Prime) PG (I3T)	10 **Fitness Center and Pool Closed (FC)** 10am Blood Pressure Clinic (ILV) 10am Chair Volleyball (CAF) 1pm Knit and Crochet Group (I2A) 1:30pm Art History with Debra (I3T) 2pm Tech Help with Regie (CAF) 3pm Hotsie-Totsie Voices Rehearsal (BST) 7pm IL Movie - Mrs. Winterbourne (Prime) PG-13 (I3T) 7pm Poker Night (I4G)	11 **Yom Kippur Begins at Sundown** 9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10am Covid Vaccination Clinic (I3A) 10:30am Exercise with Arthur (FC) 10:30am Veterans Club (TAP) 11:30am Water Workouts with Arthur (FPL) 1:30pm CANCELLED: Take a Walk Down Memory Lane (I4V) 1:30pm Creative Projects in Art (I4A) 2pm Chair Yoga with Linda (FC) 4:30pm Shabbat Service (BST) 7pm IL Movie - The Pink Panther (DVD) (I3T) 7pm Yom Kippur Evening Service (BST)	12 9:30am Carrington Community Church (BST) 10:30am Open Aqua Exercise Group (FPL) 10:30am Yom Kippur Morning Service (BST) 1:45pm Workout with Melanie (FC) 2:15pm Matinee - The Greatest Showman (Prime) PG (I3T) 2:30pm Stretch, Tone, Strength with Melanie (FC) 4:30pm Yom Kippur Concluding Service (BST) 7pm IL Movie - The Greatest Showman (Prime) PG (I3T)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 8:15am Edgebrook Lutheran Church (RSVP) (IOT) 8:30am Queen of All Saints Basilica (RSVP) (IOT) 9:30am Holy Name Cathedral (Virtual) (I4V) 11:45am B'Hai Temple (RSVP) (IOT) 2pm Bingo with Trudy (CAF) 3pm Hymn Sing with Annamarie (BST) 7pm IL Movie - Kind Hearts and Coronets (Prime) (I3T)	14 9:45am NEW DAY/TIME: Building Ops Meeting (I3A) 10am Chair Volleyball (CAF) 10am Open Aqua Exercise Group (FPL) 10:30am Move & Groove with Stacy (FC) 11am Recreational Ping-Pong (I3D) 1pm Movement & Balance with Select Rehab (FC) 1:30pm Movie Selection Committee (I3A) 2pm Dancing with Martha (FC) 3pm Classic Comedy Hour (BST) 7pm IL Movie - Cinema Paradiso (Prime) PG (I3T) 7pm Poker Night (I4G) 7:15pm TedTalk Time! (BST)	15 9:30am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 10am Painting with Trudy and Terry (I4A) 11am Current Events (BST) 1pm Open Studio Painting (I2A) 1:30pm Exercise with Arthur (FC) 1:30pm Mah-Jong (I3D) 1:30pm NEW DATE/TIME: Creative Projects in Art (I4A) 2pm Book Club (I3A) 2pm Tech Help with Regie (CAF) 2:15pm Zumba Class with Janette (FC) 3pm Moments from Hollywood Musicals (BST) 7pm IL Movie - Ordinary Angels (Prime) PG (I3T)	16 9am Water Workouts with Arthur (FPL) 9:15am Shopping at Jewel, Target, Best Buy, Ross (RSVP) (IOT) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 11am Parkinson's Support Group (I4G) 11:15am Nature Talks with Alyse (BST) 11:30am Water Workouts with Arthur (FPL) 11:30am Friends of Bill W. (AA Meeting) (I3A) 1pm Rock Steady Boxing for IL (FC) 1pm Outing: Early Voting (IOT) 2pm F& B Meeting with Dorge (BST) 3pm Happy Hour - Carrington Karaoke (BST) 5pm Dinner Outing: Mia Francesca (RSVP) (IOT) 7pm IL Movie - Up (Prime) PG (I3T)	17 10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 1pm Knit and Crochet Group (I2A) 1pm Advanced Planning Sessions (ILV) 1:30pm Express Fitness with Arthur (FC) 2pm Chat Room (I3A) 2pm Tech Help with Regie (CAF) 3pm Hotsie-Totsie Voices Rehearsal (BST) 6pm Wishes and Advanced Planning with Bristol (BST) 7pm IL Movie - The Fall Guy (Prime) PG-13 (I3T) 7pm Poker Night (I4G)	18 9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 11:30am Water Workouts with Arthur (FPL) 1:30pm Creative Projects in Art (I4A) 1:30pm Take a Walk Down Memory Lane (I4V) 2pm Chair Yoga with Linda (FC) 3pm Birthday Celebration for October Birthdays! (I3D) 4:30pm Shabbat Service (BST) 7pm IL Movie - The Captain's Paradise (DVD) (I3T)	19 9:30am Carrington Community Church (BST) 10:30am Open Aqua Exercise Group (FPL) 11am Plant Doctors (I2A) 1:30pm Outing: Pumpkin Lot (RSVP) (IOT) 1:45pm Workout with Melanie (FC) 2:15pm Matinee - Annie (Prime) PG (I3T) 2:30pm Stretch, Tone, Strength with Melanie (FC) 7pm IL Movie - Annie (Prime) PG (I3T)
20 7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 8:15am Edgebrook Lutheran Church (RSVP) (IOT) 8:30am Queen of All Saints Basilica (RSVP) (IOT) 9:30am Holy Name Cathedral (Virtual) (I4V) 2pm Bingo with Trudy (CAF) 7pm IL Movie - Argo (Prime) R (I3T)	21 10am Chair Volleyball (CAF) 10am Open Aqua Exercise Group (FPL) 10:30am Move & Groove with Stacy (FC) 11am Recreational Ping-Pong (I3D) 1pm Movement & Balance with Select Rehab (FC) 2pm Dancing with Martha (FC) 2:45pm Birthday Committee (I2A) 3pm Dementia Support for Care Partners (I4G) 7pm IL Movie - Under the Tuscan Sun (Prime) PG-13 (I3T) 7pm Poker Night (I4G) 7:15pm Everyone Has A Story (BST)	22 9:30am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 11am Current Events (BST) 1pm Open Studio Painting (I2A) 1:30pm Exercise with Arthur (FC) 1:30pm Mah-Jong (I3D) 1:30pm NEW DATE/TIME: Creative Projects in Art (I4A) 2pm Tech Help with Regie (CAF) 2:15pm Zumba Class with Janette (FC) 3pm Story Time with Trudy (I4V) 7pm IL Movie - The Long Gray Line (Prime) (I3T)	23 **No Shopping Trip Today** 9am Water Workouts with Arthur (FPL) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 11am Write Your Story (I3A) 11:30am Water Workouts with Arthur (FPL) 11:30am Friends of Bill W. (AA Meeting) (I3A) 1pm Rock Steady Boxing for IL (FC) 3pm Happy Hour with Jeannie Tanner (BST) 5:30pm Dinner Outing: Village Inn (RSVP) (IOT) 7pm IL Movie - Advance Style (Prime) (I3T)	24 10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 1pm Knit and Crochet Group (I2A) 1:30pm Express Fitness with Arthur (FC) 2pm Tech Help with Regie (CAF) 3pm Hotsie-Totsie Voices Rehearsal (BST) 7pm IL Movie - Jesse Stone: Night Passage (Prime) NR (I3T) 7pm Poker Night (I4G)	25 9:30am Cozetta's Rosary Group (I4V) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 10:30am Outing: Rivers Casino (RSVP) (IOT) 11:30am Water Workouts with Arthur (FPL) 1:30pm Creative Projects in Art (I4A) 1:30pm Take a Walk Down Memory Lane (I4V) 2pm Chair Yoga with Linda (FC) 4:30pm Shabbat Service (BST) 7pm IL Movie - The Man in the White Suit (YouTube) (I3T)	26 9:30am Carrington Community Church (BST) 10:30am Open Aqua Exercise Group (FPL) 1:45pm Workout with Melanie (FC) 2:15pm Matinee - Thoroughly Modern Millie (Phil) (I3T) 2:30pm Stretch, Tone, Strength with Melanie (FC) 7pm IL Movie - Thoroughly Modern Millie (Phil) (I3T)
27 7am Fitness Center and Pool - Open Daily 7 AM to 9 PM (FC) 8:15am Edgebrook Lutheran Church (RSVP) (IOT) 8:30am Queen of All Saints Basilica (RSVP) (IOT) 9:30am Holy Name Cathedral (Virtual) (I4V) 2pm Bingo with Trudy (CAF) 7pm IL Movie - A Quiet Passion (Prime) (I3T)	28 10am Chair Volleyball (CAF) 10am Open Aqua Exercise Group (FPL) 10am Workout with Melanie (FC) 11am Recreational Ping-Pong (I3D) 1pm Movement & Balance with Select Rehab (FC) 2pm Dancing with Martha (FC) 2pm Shakespeare Sessions with Michael (I3T) 7pm IL Movie - To Rome With Love (Prime) (I3T) 7pm Poker Night (I4G)	29 10am Spooktacular Resident Meeting (IDN) 12pm Halloween Tricks and Treats (B/T) 1pm Open Studio Painting (I2A) 1:30pm Exercise with Arthur (FC) 1:30pm Mah-Jong (I3D) 1:30pm NEW DATE/TIME: Creative Projects in Art (I4A) 2pm Tech Help with Regie (CAF) 2:15pm Zumba Class with Janette (FC) 3pm Story Time with Trudy (I4V) 7pm IL Movie - The Ladykillers (Library) (I3T)	30 9am Water Workouts with Arthur (FPL) 9:15am Shopping: Dollar Tree, Jewel, Marshall's (RSVP) (IOT) 10am Chair Volleyball (CAF) 10:30am Exercise with Arthur (FC) 11:30am Water Workouts with Arthur (FPL) 11:30am Friends of Bill W. (AA Meeting) (I3A) 11:45am Outing: Some Like It Hot (RSVP) (IOT) 1pm Rock Steady Boxing for IL (FC) 3pm Happy Hour with Edizon (BST) 5:30pm Dinner Outing: China Chef (RSVP) (IOT) 7pm IL Movie - The Company of Strangers (Prime) (I3T)	31 10am Blood Pressure Clinic (ILV) 10am Aqua Fitness with Ben (FPL) 10am Chair Volleyball (CAF) 10am Workout with Melanie (FC) 1pm Knit and Crochet Group (I2A) 1:30pm Express Fitness with Arthur (FC) 2pm Tech Help with Regie (CAF) 3pm Hotsie-Totsie Voices Rehearsal (BST) 7pm IL Movie - Bell Book and Candle (Prime) (I3T) 7pm Poker Night (I4G)		