

November 2024

Mezzanine Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Keys</p> <p>AL 2nd FL Activity Room AAR AL 2nd FL Living Room 2LVR AL 4th FL Theater ALT Bistro BST Fitness Center FC Memory Care South MCS</p> <p>Mezzanine Activity Room Mez Mezzanine Library ML Mezzanine Living Room MLR Outing OUT We Come to You WCY</p>	<p>Resident Birthdays</p> <p>Sylvia K. 11/19 Sybil L. 11/26</p>	<p>Creative Arts Emotional Health and Wellness Intellectual Nature</p>	<p>Purposeful Recreation and Leisure Restorative Spiritual</p>	<p>10:00 Fruit Smoothie Friday! 1 1:30 🚶 Afternoon Stretches [Mez] 2:30 🎬 Movie Matinee 4:00 🕒 Daily Rewind [Mez] 4:30 🦋 Shabbat [BST] 5:30 🌿 Relax and Unwind [Mez]</p>	<p>9:30 🦋 Carrington Community Church [BST] 2 10:30 🕒 Daily Chronicle [AAR] 11:00 🚶 Moving For Mobility [AAR] 2:00 🎮 Puzzles and Games [MLR] 3:00 🎮 Social Hour [MLR] 5:30 🌿 Relax and Unwind [Mez]</p>	
<p>Daylight Saving Time Begins 3</p> <p>10:00 🚶 Sit and Be Fit [Mez] 10:30 🕒 News and Views [Mez] 10:45 🕒 Singfit! [Mez] 1:30 🚶 Dance Party [Mez] 2:00 🎬 Outing-Oberweis Ice Cream [OUT] 4:00 🕒 Daily Rewind [MLR] 5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🚶 Chair Yoga 4 10:30 🕒 News and Views [Mez] 11:00 🎮 Name that Tune [Mez] 2:00 🚶 Dancing with Martha! [FC] 3:00 🎮 Arm Chair Travels [Mez] 4:00 🕒 Daily Rewind [Mez]</p>	<p>Election Day 5</p> <p>10:00 🕒 Friendly Fire Debate [MLR] 11:00 🎮 Music Therapy with Nancy [Mez] 1:30 🚶 Exercise with Arthur [FC] 2:30 🎮 Picture Bingo [Mez] 4:00 🚶 Leisurely Walk 5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🚶 Zumba and Laughter Yoga [Mez] 6 10:45 🎮 SingFit! [Mez] 1:45 🚶 Rock Steady Boxing [MLR] 3:00 🎮 Happy Hour with Randy Walker [BST] 4:00 🕒 Daily Rewind [MLR]</p>	<p>10:30 🌿 Nature Project with Alyse [Mez] 7 1:00 🦋 Rosary with Cozetta [ML] 1:30 🚶 Express Fitness with Arthur [FC] 2:30 🕒 Documentary Hour [Mez] 3:00 🎮 Hotsie-Totsie Voices - Rehearsal [BST] 4:00 🕒 Daily Rewind [MLR] 5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🎮 Creativity Corner [ML] 8 10:30 🎬 Veteran's Club 1:30 🚶 Afternoon Stretches [Mez] 2:30 🎬 Movie Matinee 4:00 🕒 Daily Rewind [Mez] 4:30 🦋 Shabbat [BST] 5:30 🌿 Relax and Unwind [Mez]</p>	<p>9:30 🦋 Carrington Community Church [BST] 9 10:30 🕒 Daily Chronicle [AAR] 11:00 🚶 Moving For Mobility [AAR] 2:00 🎮 Guac N Roll [Mez] 3:00 🎮 Social Hour [MLR] 5:30 🌿 Relax and Unwind [Mez]</p>
<p>10:00 🚶 Sit and Be Fit [Mez] 10 10:30 🕒 News and Views [Mez] 10:45 🕒 Singfit! [Mez] 1:00 🦋 Hymn Sing with Annamarie and Barbara [BST] 1:30 🚶 Dance Party [Mez] 2:00 🕒 Game Show Trivia [Mez] 4:00 🕒 Daily Rewind [MLR] 5:30 🌿 Relax and Unwind [Mez]</p>	<p>Veterans Day 11</p> <p>10:00 🕒 News and Views [Mez] 11:00 🎮 Veteran's Day Service [BST] 2:00 🚶 Dancing with Martha! [FC] 3:00 🎮 Arm Chair Travels [Mez] 3:00 🎮 Classic Comedy Hour [BST] 4:00 🕒 Daily Rewind [Mez]</p>	<p>10:00 🎬 Helping Hands [Mez] 12 1:15 🎮 Opera Club 1:30 🚶 Exercise with Arthur [FC] 2:00 🎮 Visits with Myra! [WCY] 2:30 🎮 Picture Bingo [Mez] 4:00 🚶 Leisurely Walk 5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🚶 Zumba and Laughter Yoga [Mez] 13 11:00 🎮 Outing to the Shedd Aquarium [OUT] 1:45 🚶 Rock Steady Boxing [MLR] 3:00 🎮 Happy Hour with the Global Guitar Duo [BST] 4:00 🕒 Daily Rewind [MLR]</p>	<p>10:00 🚶 Chair Volleyball [MLR] 14 1:00 🦋 Rosary with Cozetta [ML] 1:30 🚶 Express Fitness with Arthur [FC] 2:30 🕒 Documentary Hour [Mez] 3:00 🎮 Hotsie-Totsie Voices - Rehearsal [BST] 4:00 🕒 Daily Rewind [MLR] 5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 Crafter's Corner-Upcycle Craft [Mez] 15 1:30 🚶 Afternoon Stretches [Mez] 2:15 🎮 Monthly Birthday Bash! [2LVR] 2:30 🎬 Movie Matinee 4:00 🕒 Daily Rewind [Mez] 4:30 🦋 Shabbat [BST] 5:30 🌿 Relax and Unwind [Mez]</p>	<p>9:30 🦋 Carrington Community Church [BST] 16 10:30 🕒 Daily Chronicle [AAR] 11:00 🚶 Moving For Mobility [AAR] 2:00 🚶 Bowling Social [MCS] 3:00 🎮 Social Hour [MLR] 5:30 🌿 Relax and Unwind [Mez]</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 🚶 Sit and Be Fit [Mez] 17</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 🍳 Cooking Club-Mini Pumpkin Pies [Mez]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🚶 Chair Yoga 18</p> <p>10:30 📺 News and Views</p> <p>11:00 🎵 Name that Tune [Mez]</p> <p>2:00 🕺 Dancing with Martha! [FC]</p> <p>3:00 🍏 Apple Cider Social [Mez]</p> <p>4:00 📺 Daily Rewind [Mez]</p>	<p>Happy Birthay Sylvia! 19</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 🕺 Zumba and Laughter Yoga [Mez] 20</p> <p>3:00 🎵 Happy Hour with Daryl Nitz [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p>	<p>10:00 🚶 Helping Hands [Mez] 21</p> <p>1:00 🕯️ Rosary with Cozetta [ML]</p> <p>1:30 🕺 Express Fitness with Arthur [FC]</p> <p>2:30 📺 Documentary Hour [Mez]</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 🕺 Rock Steady Boxing [MLR] 22</p> <p>10:30 📺 News and Views [MLR]</p> <p>11:00 📺 Trivia! Briefcase Full of Blues Game [MLR]</p> <p>1:30 🕺 Afternoon Stretches [Mez]</p> <p>2:30 🌍 Passport to the World: INDIA [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] 23</p> <p>10:30 📺 Daily Chronicle [AAR]</p> <p>11:00 🕺 Moving For Mobility [AAR]</p> <p>2:00 🕺 Bowling Social [MLR]</p> <p>3:00 🎵 Social Hour [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>
<p>10:00 🚶 Sit and Be Fit [Mez] 24</p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🎤 Singfit! [Mez]</p> <p>1:30 🕺 Dance Party [Mez]</p> <p>4:00 📺 Daily Rewind [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 🚶 Chair Yoga 25</p> <p>10:30 📺 News and Views</p> <p>11:00 🎵 Name that Tune [Mez]</p> <p>2:00 🕺 Dancing with Martha! [FC]</p> <p>4:00 📺 Daily Rewind [Mez]</p>	<p>Happy Birthday Sybil! 26</p> <p>10:00 🚶 Helping Hands</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 🕺 Zumba and Laughter Yoga [Mez] 27</p> <p>10:45 ❤️ SingFit! [Mez]</p> <p>1:45 🕺 Rock Steady Boxing [MLR]</p> <p>3:00 🎵 Happy Hour with Jeff and Janis [BST]</p> <p>4:00 📺 Daily Rewind [MLR]</p>	<p>Thanksgiving 28</p> <p>10:00 🎨 Thanksgiving Craft [Mez]</p> <p>1:30 🎬 Thanksgiving Movie [Mez]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>	<p>10:00 📺 Daily Chronicle [MLR] 29</p> <p>10:00 📺 News and Views</p> <p>10:30 ❤️ Drumming with Chris! [MLR]</p> <p>1:30 🕺 Afternoon Stretches [Mez]</p> <p>2:30 🎬 Movie Matinee</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] 30</p> <p>10:30 📺 Daily Chronicle [AAR]</p> <p>11:00 🕺 Moving For Mobility [AAR]</p> <p>2:00 🎮 Puzzles and Games</p> <p>3:00 🎵 Social Hour [MLR]</p> <p>5:30 🌿 Relax and Unwind [Mez]</p>

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
Memory Care South	MCS		

- 🎨 Creative Arts
- ❤️ Emotional
- 🕺 Health and Wellness
- 💡 Intellectual
- 🌿 Nature
- 🚶 Purposeful
- 🎮 Recreation and Leisure
- 🌿 Restorative
- 🕯️ Spiritual

Resident Birthdays

Sylvia K.	11/19
Sybil L.	11/26

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